Sunbeam
RECIPE AND INSTRUCTION BOOK
for Deep Fry Cooker and Buffet Gourmêt Frypan.

Table of Contents

BATTERS AND FRITTERS
- Crisp Fritter Batter ... 38
- Pancakes ... 38
- Pikelets ... 38
- Standard Fritter Batter ... 38
- Sweet Corn Fritters ... 38

BEEF
- Beefarini ... 22
- Beef Stroganoff ... 23
- Beef Vegetable Loaf ... 25
- Chateaubriand with Mushrooms ... 22
- Chinese Steak ... 22
- Carpet Bag Steak ... 23
- Corned Beef ... 8
- Filet Mignon ... 21
- Greek Cabbage Rolls ... 24
- Grilled Steak ... 21
- Gravy Beef Casserole ... 25
- Kabobs ... 24
- Meat Balls ... 21
- Marinate ... 24
- Pot Roast ... 23
- Quick-Mix Burgers ... 22
- Steak Diane ... 21
- Spaghetti Novelli ... 23
- Spaghetti Bolognaise ... 24
- Steak and Kidney ... 25
- Sukiyaki ... 25

BREAKFAST DISHES
- Bacon and Eggs ... 10
- Cuban Eggs ... 9
- Cheesy Scrambled Eggs ... 9
- Devilled Kidneys ... 10
- Fluffy Omelette ... 9
- Grilled Lambs Brains ... 9
- Lambs Fry and Bacon ... 9
- Omelette ... 10
- Poached Eggs ... 9
- Sweet Omelette ... 10
- Sweet Potato Balls ... 10
- Spanish Tomatoes and Bacon ... 10
- Tuna and Egg Mornay ... 10

CAKES
- Australian Wafers ... 43
- Boiled Fruit Cake ... 43
- Christmas Cake ... 42
- Coconut Upside Down Cake ... 43
- Foundation Butter Cake ... 42
- Sunbeam Tea Cake ... 43

CROQUETTES
- Chicken Croquettes ... 16
- Fish Puffs ... 16
- Parsnip Puffs ... 16
- Rabbit Pyramids ... 16

DESSERTS
- Baked Custard ... 44
- Baked Apples ... 44
- Chocolate Arkas ... 45
- Crepes Normandie ... 44
- Heavenly Favours ... 45
- Pineapple Rice Bavarian ... 44
- Pavlova ... 45
- Swiss Cheese Cake ... 45
- Steamed Pudding ... 45

DOUGHNUTS AND SCONES
- Corn and Bacon Puffs ... 40
- Crumpets ... 41
- Easy Tea Doughnuts ... 39
- Fried Scones ... 40
- Family Doughnuts ... 41
- Girdle Scones ... 40
- Golden Rice Fritters ... 41
- Pancakes Mornay ... 41
- Savoury Cobblescones ... 40
- Welsh Cakes ... 40
- Yeast Doughnuts ... 39
- Yorkshire Pudding ... 41

JAMS AND PRESERVES
- Candied Pineapple ... 46
- Cumquat Marmalade ... 47
- Grapefruit Marmalade ... 46
- Green Fig Conserve ... 47
- Grape Jam ... 47
- Preserving ... 47
- Spiced Figs ... 47
- Whole Berry Jam ... 46

LAMB
- Apricot Stuffed Lamb ... 26
- Bengal Curry ... 26
- Baked Spring Lamb Roll ... 28
- Country Casserole ... 26
- Crumbed Cutlets or Chops ... 28
- Cape Malay Curry ... 28
- Grecian Lamb Shanks ... 27
- Hot Pot ... 27
- Lamb Rosemary ... 26
- Lamb and Mushroom Casserole ... 28
- Lamb A La Oscar ... 27
- Mock Duck ... 27
- Stockholm Lamb ... 28

LUNCHEON DISHES
- Barbecued Frankfurts ... 15
- Baked Rabbit ... 14
- Cheese Creole ... 15
- Cheese Dunk ... 15
- Curried Prawns ... 14
- Golden Cheese Souffle ... 13
- Grilled Sausages ... 15
- Lobster and Mushrooms ... 13
- Lambs Brains Neopolitan ... 14
- Luncheon Charlotte ... 15
- Rabbit Casserole ... 13
- Red Devil ... 13
- Rarebit and Tomato Toast ... 15
- Skillet Supper ... 14
- Sausage and Apple Bake ... 14

PORK
- Braised Pork with Fruity Sauce ... 32
- Hawaiian Pork Chops ... 31
- Hungarian Goulash ... 32
- Indonesian Pork Satay ... 31
- Oriental Spare Ribs ... 31
- Pork Chops Spanish Style ... 32
- Roast Pork ... 32

POULTRY
- Chicken Maryland ... 34
- Chicken and Almonds ... 34
- Coq Au Vin ... 35
- Chicken Cach Ci Tora ... 34
- Lemon Chicken ... 35
- Quick Chicken Saute ... 35
- Roast Duckling A L'Orange ... 33
- Southern Fried Chicken ... 34
- Seasoned Roast Chicken ... 33
- Steamed Chicken ... 33
- Turkey Saute ... 35

RICE
- Fried Rice ... 19
- Fluffy Rice ... 19
- Oriental Boiled Rice ... 19
- Seven Minute Fluffy Rice ... 19

SAUCES
- Barbecue ... 12
- Foundation Butter ... 12
- Orange ... 12
- Spanish ... 12
- Sweet and Sour ... 12

SEAFOOD
- Baked Fish ... 37
- Battered Fried Fish ... 36
- Deep Fried Fish ... 36
- French Fried Prawns ... 36
- Fried Scallops or Oysters ... 37
- Grilled ... 36
- Poached ... 37
- Steamed ... 37
- Scallops A'La Maria ... 37

SNACKS AND SAVOURIES
- Banana-Bacon Rolls ... 20
- Hot Asparagus Rolls ... 20
- Mexican Sausages ... 20
- Salami Cheese Fingers ... 20
- Toasted Sandwiches ... 20

SOUPS
- Beef/Vegetable ... 11
- Cream of Chicken ... 11
- French Onion ... 11
- Fish Chowder ... 11
- Split Pea ... 11

VEAL
- Italian Veal Rollettes ... 29
- Peppered Veal ... 29
- Potato Crush Veal Pie ... 30
- Spanish Veal ... 30
- Veal Marengo ... 29
- Veal Mozzarella ... 30
- Wiener Schnitzel ... 30

VEGETABLES
- Boiled Spaghetti, Macaroni and Noodles ... 18
- French Fried Potato Chips ... 17
- French Fried Potatoes ... 17
- French Beans and Mushrooms ... 18
- Mushrooms ... 18
- Potato Crisps ... 17
- Steamed Vegetables ... 17
- Steam-Boiled Vegetables ... 18
- Saute Onions ... 18
- Savoury Cabbage ... 18

Instructions for Use ... **1-8**
Recipe Information ... **6-7**
Shortening and Oils ... **5**
Use and Care of Your Frypan **2-4**
Use and Care of Your Deep-Fry Cooker ... **4-6**
Care and Cleaning ... **7**
Additional Uses ... **48**

About your New Sunbeam Removable Control Appliance

Your new Sunbeam Removable Control Appliance—Frypan or Deep-Fry Cooker—provides many new features for simplifying the preparation of beautifully cooked and attractively served foods for family meals and for entertaining.

THE REMOVABLE CONTROL packed with your appliance simplifies the care and cleaning of the appliances and provides accurate temperature control for cooking all types of food.

FITTING THE CONTROL. Insert the shaft of the control into the socket of the vessel and push inwards. After fitting the removable control to the Sunbeam, fit the three-pin plug to a wall socket (240V A.C. only or as stamped on the appliance) and turn the power ON. Your appliance is now ready for use.

Setting the Heat Control. The dial plate on the control is clearly marked from Simmer to 420°. At the top of each recipe the appliance most suitable for use is indicated.

Set the control by turning the knob so that the arrow points to the required temperature. The indicator light will come ON and remain ON until the preselected temperature is reached. High temperatures 300°-420° are used for browning, baking, frying and grilling (see recipes for preparing these foods).

IMPORTANT. *When it is necessary to identify the model of your appliance, check the lettering on the underside of the plug socket. NOTE: Illustrations in this book do not necessarily depict your model appliance.*

Use and Care of Your FRYPAN

The Sunbeam Frypan you have purchased is one of the following:

The Lightweight Aluminium Frypan
Sunbeam's exclusive processing enables the completed Frypan to be lighter, easier to clean and less likely to stain than other Frypans.

Stainless Steel Lined Frypan
New modern engineering know-how enables the bonding together of lightweight aluminium and highly polished stainless steel. Impervious to the acids and other chemicals in foods, stainless steel provides a longer lasting, permanently attractive cooking surface. The aluminium outer area ensures perfect heat distribution.

USING THE FRYPAN

1. After fitting the Removable Control and connecting the three-pin plug—turn the power ON.

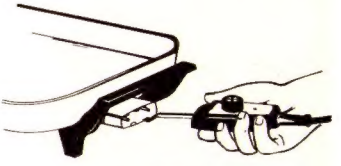
2. Check temperatures and times suggested in the book BUT VARY TO SUIT PERSONAL PREFERENCE AND EXPERIENCE.

3. **Use of the Pan-Grill Lever:** The Pan-Grill Lever is fitted under the handle of all Frypans with the exception of the Classic model. When not in use it lies parallel to the base. When required, simply push the leg down, and allow the flow of unwanted drippings, sauces, etc., to the lower side of the vessel. It is ideal for crisp, fat-free grilling and simplifies basting, draining shallow fried foods and the serving of sauces and gravies.

4. **GRILLING.** Set the Pan-Grill Lever for a grease-free grill. Preheat the Sunbeam to the selected temperature, 360°-420°. Prepare foods, removing excess fat as required. Beef cuts will cook to perfection even if all the fat has been removed.

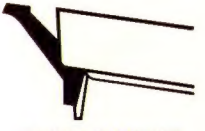
5. **FRYING.** The Frypan can be used for some deep fried foods. However, the Deep-Fry Cooker is best for this cooking method. Do not use the Pan-Grill Lever for frying. Select a quality vegetable oil (Daffodil or Chefol) or pure vegetable shortening (Frymasta or Copha), lard, bacon drippings, whichever you prefer. Use butter or margarine only when specified in a particular recipe—never use these for deep frying.

To shallow fry cutlets, croquettes and crumbed foods, add only sufficient shortening to cover the surface of the Frypan then pre-heat to 360°-400° before adding foods. Set the Pan-Grill Lever a few minutes before completion of cooking to drain foods to perfection.



FIT CONTROL

NOT IN USE



RAISED POSITION

BASTING

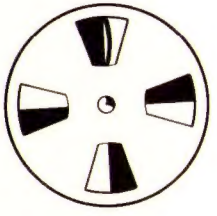
6. **BROWNING AND SEALING MEATS.** It is necessary to brown and seal meat in many recipes. Wait for the indicator light to go OFF before commencing browning.

7. **BASTING.** Basting food is simplified with the Pan-Grill Lever on your Frypan. Cook foods at the selected temperature until basting is required, then set the Pan-Grill Lever. Ideal for eggs, chicken, steak and mushrooms.

8. **BRAISING AND STEWING.** Select a temperature point near SIMMER. Food will not bubble all the time, though slight bubbling should occur whilst the light is ON. Once you have become accustomed to using your Sunbeam Frypan or Deep-Fry Cooker you will find that slow cooking foods (stews, etc.) may be cooked for longer periods than stated in recipes and at lower settings. Always keep the vent CLOSED when braising and stewing.

SUNBEAM FRYPAN AS A HOTPLATE. Your Sunbeam Frypan can be used as a hotplate to cook vegetables, fruits, desserts, etc., during the heating up and prior to the Frypan being required to cook grilled or fried foods. Use flat-based saucepans, covered steamers or small casseroles, arranging them onto the Frypan according to size. If steamers or casseroles are used, the metal lid can be fitted. Prepare the vegetables and place into the selected containers with about one-half cup of water and salt, etc., to taste. Heat and bring to the boil at 420°, reset controls to 260° for the required cooking time. Meat may be grilled alongside the containers when space permits.

Using the Hi-Dome Metal Lid



VENT

The Hi-Dome Lid widens your Frypan's usefulness for everyday food preparation. It is used when preparing long-cooking foods, stews, etc., and for retaining heat and moisture.

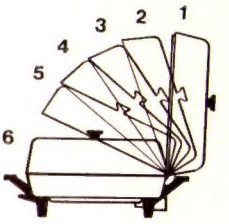
The Hi-Dome Lid provides even heat for roasting and baking and retains heat when you cook in separate containers or a casserole. Follow recipe instructions for using the lid.

The ratchet fitted to the Hi-Dome Metal Lid readily fits into and can be used from either handle on the Buffet Gourmet Frypans. The six positions will enable you to choose the one most suitable for cooking each of the many foods. The cover is conveniently held out of the way when basting or turning foods. As a guide:

Vent may be opened during last ten minutes when baking vegetables for extra crispness.

KEEP THE VENT CLOSED when baking cakes, etc., unless otherwise instructed in the recipe being used.

LID POSITIONS

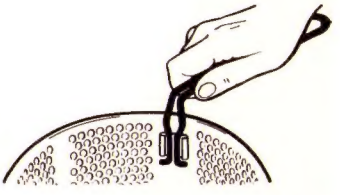


1. Eliminates finding a spot to place the hot lid. Keeps bench tops clear.
2. Handy position for basting (use position Number 3 when Pan-Grill Lever is set).
3. Convenient position to use when turning roasts.
4. For use when pan grilling.
5. Spatter shield position to reduce spattering when frying. It is sometimes better to use this setting when pan grilling fatty cuts of meats and sausages.
6. All the way down for roasting meats, baking cakes, cooking in a casserole dish, or cooking complete meals in separate containers.

Use and Care of Your DEEP FRY COOKER

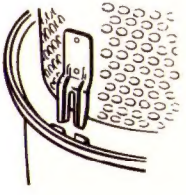
Deep-fried foods have more flavour, are free from grease, and cook faster in your Deep-Fry Cooker with its larger, specially designed, fast-heating element and accurate automatic temperature control.

There are a host of uses for your Deep-Fry Cooker, not only for deep frying, but for the preparation of many other foods. There are interesting recipes in this book for baking and roasting meats, bralsing, casseroling, jam making and preserving. Your Deep-Fry Cooker will give you cooking pleasure, wonderful service, and help you prepare meals with delicious food flavours.



THE FRY BASKET. The Fry Basket supplied with your Deep-Fry Cooker is suitable for all types of deep frying. Slide the handle spacer clip away from the prongs, towards the looped end. Grip the handle towards the pronged end and squeeze together. Insert the prongs into the clip on the side of the basket ensuring that the ends of the prongs are beneath the clip. Release the pressure and slide the spacer clip along the handle towards the basket. Reverse the procedure to remove the handle.

NOTE: A second Fry Basket can be purchased at a nominal cost and is advantageous when preparing large quantities of party foods, especially potato chips.



THE DRAIN BRACKET. A bracket is fitted to the lower edge of the Fry Basket and this fits onto the studs on the inside of the cooking well. It aids the draining of foods and keeps them hotter for serving.

The Deep-Fry Cooker is designed with a flanged top which will REDUCE boil-over during cooking, PROVIDED YOU FOLLOW INSTRUCTIONS REGARDING QUANTITIES OF LIQUID OR FRYING MEDIA TO BE USED.

POINTS TO NOTE WHEN DEEP FRYING

Read the instructions. Follow temperatures and cooking times.

NEVER USE THE LID FOR DEEP FRYING. For perfect deep-fried foods it is essential they be completely immersed in the frying media.

FRYING MEDIA TO USE. You may select any medium you wish to use. However, refined and deodorised vegetable oils are the finest frying agents. They can be used over and over again with no marked deterioration so that their life is much longer. We recommend the use of peanut oils such as Daffodil, Chefol, and other reliable brands.

To those who do not want to use oil, we recommend the use of vegetable shortening such as Copha or Frymasta.

Lard is the best of the animal fats, but tends to be very rich. Dripping darkens quickly and is not completely satisfactory. Salted shortenings (margarine) are not suitable for deep frying.

Never over-fill the Deep-Fry Cooker with oil or shortening. You should allow 3 inches from the top of the oil or shortening to the top of the Deep-Fry Cooker. You will find that up to 3½ pints of oil or 3½ pounds of shortening is ample for household use. USE OF MORE MEDIUM WILL CAUSE BOILOVER.

CARE OF OILS AND SHORTENINGS

1. Strain after each use. Food particles and sediment cause media to darken, foam and lose its browning quality.
2. Store in a cool place away from light.
3. Never allow oil or shortening to remain at high frying temperatures for long periods. Keep hot at SIMMER between fryings.
4. Add a small amount of new oil or shortening before each frying. This prevents deterioration.

TO CLARIFY OILS AND SHORTENINGS

Your media will last longer if clarified regularly. This needs to be done after five or six fryings by the following method:

Add a cup of water and one teaspoon of salt to cold oil or shortening—fit lid with vent open. Set control at 300° for FIVE MINUTES ONLY. Strain, cool and pour off oil or lift off firm shortening.

FRYING HINTS

1. Vary time and temperature to suit taste, size and quantity of foods.
2. Do not heat more oil or shortening than required.
3. Do not overcrowd Fry Basket. Chips, sausages, etc., may be cooked in quantity—about half a basketful at a time. Batter-covered foods, doughnuts, etc., are best COOKED ONE LAYER AT A TIME.
4. Wait for indicator light to go OFF before frying next batch. Skim out food particles.
5. Keep absorbent paper handy for draining foods.
6. Dip spoon into heated medium, then into batter for quicker handling.
7. Prepare and fry foods of even size for even cooking.

COOKING WITH YOUR DEEP-FRY COOKER

The Deep-Fry Cooker can be used for the preparation of many foods required for every-day meals. It is ideal for making soups and stews, boiling and steaming foods.
The Rice and Vegetable Cooker and All Purpose Steamer Baskets, AVAILABLE AS EXTRAS, further broaden and simplify food preparation. Both baskets are finely perforated and are ideal for straining and draining cooked foods.

NOTE: They should not be used for deep frying.

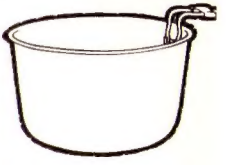


FIG. 1

RICE AND VEGETABLE COOKER BASKET (Fig. 1) fits down into and rests on the inside of the cooking well. It adds convenience when cooking rice, spaghetti and pasta. It can be used with the divider (Fig. 3) for cooking a variety of vegetables for a family meal or without the divider for larger quantities when you entertain. It is convenient for holding a basin or steamer when you are preparing family-size steam puddings and custards or a large three-quarter pound Christmas pudding.

FIG. 2

ALL PURPOSE STEAMER BASKET (Fig. 2) fits on to the flange at the top of the cooking well. By fitting the divider (Fig. 3) into the basket it is possible to steam cook two or three different types of vegetables for regular family meals. Foods cooked in this container are completely steamed and therefore have a higher nutritive value. The basket can be placed over other foods using both baskets simultaneously. Whilst the Rice and Vegetable Basket is inserted in the Deep-Fry Cooker, the All Purpose Steamer Basket is placed above on the bracket provided near the top of the cooker.

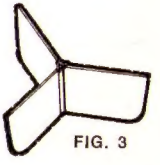


FIG. 3

The All Purpose Steamer Basket enables the separate cooking of foods for babies or anyone on a special diet. With the extra baskets it is possible to cook a variety of foods simultaneously without flavour transference. However, highly odorous or flavoursome food, such as fish, or milk foods, which readily absorb flavours, should be wrapped in aluminium foil or cooked in a suitable covered container. The following combinations represent examples:

RICE AND VEGETABLE COOKER	ALL PURPOSE STEAMER BASKET
Steamed fish	Vegetables
Vegetables	Custards
Spaghetti	Spaghetti Sauce to be heated (in a container)
Family vegetables	Salt-free vegetables
Family vegetables	Prepared baby food to be heated

ABOUT THE RECIPES IN THIS BOOK

Cooking times and temperatures given are a GUIDE TO PERFECT COOKING. Recipes have been tested using Australian Standard Measure Cups and Spoons.
Variations of the recipe by omission or addition of ingredients will alter the suggested cooking times and adjustments should be made for this.

International Recipes

Many interesting recipe books are available. Before using the recipes check to de'ermine the mode of measurement. This information is usually at the front of the book. The following information will assist you in using such recipes:

STANDARD	AUSTRALIA	UNITED KINGDOM	UNITED STATES
CUP	8 fl. ozs.	10 fl. ozs. 250 mls.*	8 fl. ozs.
TABLESPOON	20 mls.	28.35 mls. 20 mls.*	14.79 mls.
TEASPOON	5 mls.	5 mls.	4.93 mls.

*1970 proposed British Standard which also includes the dessertspoon = 10 mls.

Metric Conversion

Should you find it necessary to compare metric units with Australian units of measure, the following comparisons are approximate and can be used until official conversion tables are available:

1 litre (1,000 mls.)	= 1¾ pints	1 pint (20 Aust. fl. ozs.)	= .568 litre
10 grams	= ⅓ oz.	1 gallon	= 4.546 litre
1 kilogram	= 2 lbs. 3 ozs.	1 ounce	= 28.35 gram
		1 lb. (16 Aust. ozs.)	= .454 kilogram

SIMPLE CARE AND CLEANING

Strain off frying media, remove food particles, allow the appliance to cool, then add cold water. NEVER PUT COLD WATER INTO A HOT FRYPAN OR DEEP-FRY COOKER. Soak for a few minutes, food particles will loosen. Rinse and reheat if desired.

To keep the appliance in a like-new condition, always wash thoroughly after use and rub vigorously with a steel wool pad and mild abrasive or use a soap impregnated steel wool pad. Rinse the vessel with hot or boiling water, paying special attention to the underside.

Note: Your Frypan or Deep-Fry Cooker can be completely immersed in water if it is necessary, **provided the heat control is first removed.** An occasional rub over the warm clean surface with dry fine steel wool will restore the metal to a bright lustre.

Stainless Steel Lined Frypans should be soaked and washed in sudsy water. Should food particles adhere, rub vigorously with a copper scourer or steel wool. Some foods may leave a slight dullness on the surface—this will disappear if you use a stainless steel metal cleaner. Remember, thoroughly wash and scald the vessel after using cleaner or remove any odour or possible flavour which may affect foods.

CLEANING THE OUTSIDE OF THE FRYPAN

The outside of all Sunbeam Frypans is aluminium and can be easily cleaned and polished. After each use, thoroughly cleanse the surface by rubbing all over with steel wool, then rinse with very hot or boiling water (this will remove unseen fat particles). If not removed, these fat particles will carbonize when next the Frypan is heated. When rinsing pay special attention to the plug socket and around the legs. Thoroughly dry Frypan before storing.

If you find it necessary to fit the Removable Control immediately after washing (for further use), take care to ensure that the probe and the water-sealed area around the contact pins and the pins themselves are THOROUGHLY DRY.

SUNBEAM FRYPAN CLEANER

If the underside of your appliance is encrusted with carbonised grease this can be removed with Sunbeam Frypan Cleaner. This cleaner has been especially developed for use on Frypans and Deep-Fry Cookers and is available from your electrical retailer and all Sunbeam Service Centres.

For additional information concerning the use of your Sunbeam Removable Control Appliance write to the **Home Economics Department, Box 39, P.O., Mascot, N.S.W. 2020.**

The Sunbeam Deep-Fry Cooker is a fully automatic, large-sized saucepan and can be used for boiling salted meats and vegetables, simmering soups and stews, braising or casseroling steaks and chops, steaming fish, vegetables, custards and desserts, preparing a pot roast or baking an average-size family meal.

In this book you will find sample recipes for the preparation of all these foods.

1. The lid is always used for low temperature cooking.
2. With the accurate thermostat control, the moisture loss from the Sunbeam is minimised, therefore use only sufficient water required for actually cooking the food. KEEP VENT CLOSED.
3. Some foods may be placed directly into the cooking well; others are easier to handle if the Rice and Vegetable Cooker Basket is used. Bring liquids to the boil at 300°

REMEMBER, THE LIGHT WILL NOT GO OUT AT THIS POSITION WHEN WATER IS BEING USED. Immediately the water boils, turn temperature control back to 260° or simmer.

4. The Sunbeam cooks at an exclusive simmer range—SIMMER to 260°. Select a position to suit the food being prepared. The 260° temperature is best used for foods to be cooked for the normal cooking time, the SIMMER range if foods are to be left for a longer period. Keep foods warm here too. IT IS NOT NECESSARY FOR THE FOOD TO CONTINUE TO BUBBLE ALL THE TIME. On 260°, bubbling can occur whilst the indicator light is on. There's no need to "pot watch" or stir foods. The automatic control will cook foods perfectly every time.

BOILING SALT AND SMOKED MEATS

1. When boiling salt or smoked meats prepare them in the normal manner. Wash corned beef and pumped mutton, soak boiling bacon or ham pieces. Have the butcher cut the shank off mutton at the knuckle for easier handling.
2. Place meat into Deep-Fry Cooker well with preferred seasonings and flavourings, or for added convenience use the Rice and Vegetable Cooker Basket to hold foods. It simplifies removal for serving.
3. Add cold or warm water as desired. It is not necessary to completely cover meat for cooking. Some housewives prefer to turn the meat over during the cooking when a small quantity of liquid is used. REMEMBER, always have water at least two inches from the top of the cooking well to prevent boil-over. OVER-FILLING WILL CAUSE BOIL-OVER.
4. Cook for time indicated according to size of meat.
5. Vegetables may be boiled with the meat if so desired. These are added about three-quarters of an hour before anticipated serving time.

CORNED BEEF (TONGUE, HAM, BACON, ETC.)

DEEP-FRY COOKER

Temperature: 300° until boiling, then 240°.

Time: 30 to 40 minutes per pound.

3 to 3½ lb. corned brisket
½ onion, sliced
6 peppercorns
4 whole cloves
½ bay leaf

WASH ..... beef, place in Deep-Fry Cooker.
ADD ..... sufficient cold water to barely cover meat.
BRING ..... to boil at 300°. Remove scum, if any.

1 clove garlic, cut in pieces
1 tblsn. brown sugar
2 or 3 celery tops
1 carrot, cut in pieces
4 sprigs parsley

ADD ..... flavourings and reduce heat to 240°.
SIMMER ..... with lid on until tender.
TEST ..... by piercing thickest muscle.
REMOVE ..... from stock if serving hot.

NOTE: If serving cold allow to cool in water then chill. Vegetables may be cooked with meat—add them about ¾ hour before anticipated serving time.

Breakfast Dishes

FLUFFY OMELETTE

FRYPAN

Serves 2 to 3

6 eggs
salt and pepper
6 tblspns. water
1 tblspn. butter

SEPARATE eggs and beat whites until stiff — Speed 12 Sunbeam Mixmaster.
FOLD in egg yolks and seasoning and mix thoroughly through.
LIGHTLY mix in water — Speed 1 Sunbeam Mixmaster.
HEAT Sunbeam to 340°, add butter and coat bottom and sides of Frypan.
POUR at 340° for 5 minutes, then at
COOK omelette into Frypan. 300° until set, with lid on—about 5 to 7 minutes depending on size of eggs.
FOLD in halves and serve immediately.

VARIATIONS

Add any one of the following:

3 tblspns. chopped ham or cooked bacon
3 tblspns. chopped prawns
¾ cup grated cheese
¾ tspn. mixed herbs
1½ tblspns. chopped parsley or shallot

SERVE with saute mushrooms, onions, tomatoes or grilled bacon or hot tomato sauce.

CUBAN EGGS

FRYPAN

6 eggs
¼ cup sausage meat
1 tspn. finely chopped onion
salt and pepper

SAUTE meat and onion together in Frypan for 5 minutes control set at 300°.
BEAT eggs until light, add seasoning and pour into the Frypan with meat and onion.
COOK on SIMMER, stirring constantly, until the eggs are thick and creamy.
SERVE on slices of buttered toast.

GRILLED LAMB'S BRAINS

FRYPAN

SOAK brains and remove skin.
DIP into seasoned flour.
HEAT Frypan to 340°.
GREASE with butter and place prepared brains in.
COOK for 3 minutes.
TURN add more butter if required to lightly moisten flour and form a crisp crust.
SERVE with grilled bacon.

CHEESY SCRAMBLED EGGS

FRYPAN

Serves 6 to 8

3 tblspns. butter
6 eggs
¾ cup milk
1½ cups processed cheese
salt and pepper
1½ tblspns. chopped parsley

HEAT Sunbeam to 300° with butter.
BEAT eggs and milk lightly.
POUR into heated Frypan, stirring constantly.
REDUCE heat to 220° until mixture thickens.
STIR in grated cheese and seasoning to taste.
COOK 2 to 3 minutes. DO NOT BOIL.
ADD parsley and serve immediately on hot buttered toast.

LAMB'S FRY & BACON

FRYPAN

Serves 4

1 lamb's fry
2 tblspns. flour
salt and pepper
2 bacon rashers
1 to 2 cups stock or water

PREHEAT Sunbeam to 380°, add oil for frying.
TRIM lamb's fry and slice about half an inch thick.
DIP in flour, salt and pepper.
PLACE into preheated oil and cook until brown.
TURN and continue cooking.
ADD half rashers of bacon or cut each rasher into about six pieces.
REDUCE heat to 220°. Add stock to make gravy—use more thickening if required.

POACHED EGGS

FRYPAN

HALF fill Sunbeam with water, add 1 tablespoon of vinegar and 1 teaspoon of salt. Heat at 320° until boiling.
BREAK eggs into a saucer and slide into boiling water.
COVER with ovenproof lid.
POACH to desired doneness set at SIMMER.

An Egg Boiling and Poaching Tray is available for use with all model Frypans. It eliminates the need for heating large quantities of water and steam cooks the eggs to perfection, as you want them every time.

OMELETTE

FRYPAN
Serves 2

4 eggs
4 tblspns. cold water
¼ tspn. salt
tblspn. butter
pepper

BEAT ..... eggs, water and seasoning until thoroughly blended.
PREHEAT ..... Frypan to 360° and melt butter.
ADD ..... beaten eggs.
TURN ..... control to 300°.
LIFT ..... setting edges with metal spatula and continue to move mixture and shake Frypan as it sets.
LOOSEN ..... and turn on to a plate.
SPREAD ..... with grated cheese, cooked mushrooms, ham or tomatoes.
FOLD ..... over and serve immediately.

SWEET OMELETTE

OMIT ..... pepper and salt and use 1 tablespoon sugar.
SERVE ..... with hot jam or sauce.

TUNA AND EGG MORNAY

FRYPAN
Serves 4

4 eggs
1 onion
1 small green pepper
2 oz. shortening
3 tblspns. flour
½-¾ pint milk
3 tblspns. grated strong cheese
1 x 7 oz. tin of tuna
salt and cayenne

HARD ..... boil eggs in Poaching Tray.
SLICE ..... onion and dice green pepper.
HEAT ..... Frypan to 340°, melt shortening.
SAUTE ..... onion and green pepper—DO NOT BROWN.
ADD ..... flour and mix through.
RESET ..... temperature to 260°, add milk and stir until boiling.
SIMMER ..... gently until onion is tender.
ADD ..... cheese, eggs and tuna and heat through. Season to taste.
SPRINKLE ..... with extra cheese, breadcrumbs and knobs of butter and brown under the griller before serving.

DEVILLED KIDNEYS

FRYPAN
Serves 6

8 sheep's kidneys
2 tblspns. flour
1 tspn. mustard
salt and pepper to taste
2 tblspns. oil or shortening
2 tblspns. worcestershire sauce
2 tblspns. tomato sauce
2 cups water

CHOP ..... kidneys into cubes and roll in flour, mustard, salt and pepper.
HEAT ..... Sunbeam to 340° with oil and quickly brown kidneys.
REDUCE ..... heat to 260°.
ADD ..... sauces and water.
SIMMER ..... gently for 2 minutes.

SWEET POTATO BALLS

DEEP-FRY COOKER

2 cups cold cooked sweet potatoes
¼ tspn. salt
¼ tspn. nutmeg
2½ tblspns. brown sugar
cooked ham
prepared mustard
breadcrumbs
oil

MASH ..... sweet potatoes and combine with salt, nutmeg and brown sugar. Mix well.
CUT ..... ham into ½ inch cubes and roll each cube in prepared mustard, then form potato mixture into a ball around ham. Roll in breadcrumbs.
FRY ..... in preheated oil at 340° until brown.
DRAIN ..... and serve immediately.

SPANISH TOMATOES AND BACON

FRYPAN

8 bacon rashers
2 cloves garlic
2 green peppers
4 large onions
8 large tomatoes
2 tspns. brown sugar
salt and pepper

CUT ..... 4 bacon rashers in halves and finely chop remainder.
CHOP ..... onion, dice pepper and slice tomatoes.
FRY ..... chopped bacon at 340° until brown—fry remaining bacon, set aside and keep hot.
ADD ..... garlic and onion and fry until golden.
SAUTE ..... green pepper, then add sliced tomatoes.
SEASON ..... to taste. Set control to SIMMER until vegetables are tender.
THICKEN ..... with blended cornflour if desired.
SERVE ..... on toast and garnish with fried bacon rashers.

BACON

FRYPAN

PLACE ..... bacon rashers into cold Frypan.
SET ..... temperature and turn on the power.
TURN ..... during cooking — set Pan-Grill Lever and cook longer for extra crisp bacon.
EGGS ..... may be cooked with bacon. Most people place these into fat drippings from the bacon.
COVER ..... with lid to heat-seal top or baste to suit taste.

EGGS

FRYPAN

GREASE ..... Sunbeam lightly or use 1 tablespoon shortening for each egg.
HEAT ..... to required temperature.
BREAK ..... eggs into Frypan to cook, cover or baste as desired.

Soups and Sauces

SPLIT PEA SOUP

DEEP-FRY COOKER

2 cups dried split peas
10 cups cold water
1 onion, sliced
2 stalks celery, diced
1 carrot, sliced
4 slices salt pork or bacon, or ham bones
1 bay leaf
3 cups milk
1 tblspn. butter or margarine
salt and pepper
1 tblspn. chopped mint

WASH ..... peas, soak in the cold water several hours, or overnight.
PLACE ..... in Sunbeam with vegetables, salt pork and bay leaf.
BRING ..... to the boil at 300°. Cover, set control to 220° and simmer until peas are tender.
PUREE ..... on Sunbeam Blender or push through a sieve.
RETURN ..... to Sunbeam, add milk, butter, salt and pepper to taste.
HEAT ..... at 300°—do not boil.
SPRINKLE ..... with chopped mint.
SERVE ..... with croutons, or savoury biscuits.

BEEF VEGETABLE SOUP

DEEP-FRY COOKER

2 lb. shin of beef bone and meat
15 cups cold water
2 tblspns. salt
1½ cups each diced celery, carrots, raw potatoes and onions
1 cup diced parsnip
½ cup diced turnip
½ cup peas
2½ cups tomato pulp
⅛ tspn. pepper
1 tblspn. chopped parsley

CUT ..... meat into small cubes or slash with a knife.
PUT ..... soup bone and meat into Sunbeam with water and salt.
SET ..... at 300° until boiling—skim off fat.
SET ..... at SIMMER, adjusting to keep liquid just simmering. Cover and cook for 3 hours.
ADD ..... remaining ingredients except parsley.
COOK ..... for 45 minutes or until vegetables are tender.
SEASON ..... to taste. Add parsley before serving.

FRENCH ONION SOUP

DEEP-FRY COOKER

1 lb. onions
2 tblspns. shortening
1 tspn. brandy
salt and pepper
6 cups stock (well flavoured)
6 slices French or Vienna bread
butter
¼ cup fine grated Gruyere cheese

PEEL ..... onions and cut into thin slices.
HEAT ..... Sunbeam to 360° with shortening.
SAUTE ..... onions until golden brown and tender.
REDUCE ..... heat to 220°, add brandy, stock and seasoning.
COVER ..... with lid, simmer 15 to 20 minutes.
TOAST ..... slices of bread, butter them and sprinkle with cheese.
MELT ..... under a griller, serve with soup.

CREAM OF CHICKEN SOUP

DEEP-FRY COOKER

4½ cups chicken stock
1½ cups mixed vegetables
1 tblspn. rice
¼ tspn. ground savoury
salt and pepper
1 egg
2 tspns. cornflour
½ cup evaporated milk
chopped parsley

PREPARE ..... stock. Add a mixture of minced carrot, parsnip, celery and onion, the rice and seasonings.
PLACE ..... into Sunbeam, cover and set control to 220°.
COOK ..... until vegetables are very tender.
PUREE ..... or blend in Blender.
RETURN ..... to Sunbeam, add egg yolk mixed with cornflour and milk.
HEAT ..... for 5 minutes longer — DO NOT BOIL.
SERVE ..... sprinkled with parsley.

FISH CHOWDER

DEEP-FRY COOKER

2 medium-sized onions
3 medium-sized potatoes
1 lb. snapper, mullet or firm white fish
¼ lb. fat salted pork or bacon
pepper and salt
2 cups milk
lemon juice

SLICE ..... vegetables and cut fish into pieces.
CHOP ..... pork and place into Cooker at 300°—cooking until crisp.
FRY ..... onions for five minutes in pork fat.
ADD ..... fish, seasonings, potatoes and pork pieces. Cover with water, about 2½ cups. When boiling turn to SIMMER and cook until tender and potatoes break up.
ADD ..... milk and bring to the boil.
ADD ..... lemon juice to taste.
SERVE ..... hot poured over slices of toast.
THIS ..... soup should be thickish, but more liquid can be added if desired.

ORANGE SAUCE

FRYPAN
Serves 4 to 6

duckling giblets
1 small carrot
1 onion
3 tblspns. butter
1 pint water
½ cup hock
ground thyme
1 bay leaf
3 pieces loaf sugar
2 tblspns. vinegar
1 tblspn. arrowroot
2 or 3 oranges
½ lemon
¼ cup curacao

HEAT... Frypan at 340°.
CHOP... giblets, carrot and onion.
SAUTE... until brown in 1 tablespoon of butter.
REDUCE... heat to 200°. Add water, hock, thyme and bay leaf.
COVER... and simmer for 30 minutes.
STRAIN... and remove fat.
CARAMELISE... loaf sugar and add a little strained giblets stock, mix with remaining stock, vinegar and blended arrowroot.
COOK... until thick and set aside.
REHEAT... Frypan to 300° — meantime shred the skins of 2 oranges and half lemon finely—have them about 2 inches long.
COVER... them with boiling water and allow to stand for 5 minutes
DRAIN... and dry. Saute in butter until tender.
REDUCE... heat to 200°. Add curacao and sauce.
SERVE... with roast duckling.

NOTE: Duckling may be sauted and cooked with the vegetables. If this is done, continue cooking at 300° after browning.

SPANISH SAUCE

FRYPAN
Serves 8

4 bacon rashers
4 large onions
2 green peppers
8 large tomatoes
2 cloves garlic or garlic paste to taste
1 tblspn. brown sugar
salt and pepper to taste

REMOVE... rind from bacon and chop finely.
CHOP... onions, dice peppers and slice tomatoes.
FRY... chopped bacon in Sunbeam at 340° until browned.
ADD... garlic and onion and fry until golden.
SAUTE... green peppers, then add sliced tomatoes and sugar.
SEASON... to taste and set at 260° until vegetables are tender—about 15 minutes.
THICKEN... with blended cornflour if desired.
SERVE... as an accompaniment to a plain meal, fish, or use as a sauce with left-over cold meats.
SERVE... as an entree on toast with grilled bacon rashers.

SWEET AND SOUR SAUCE

FRYPAN
Serves 6 to 8

2 tblspns. oil
1 tspn. green ginger
3 shallots
½ cup chopped cucumber
1 white turnip
2 tblspns. honey or to taste
1 tspn. soy sauce
3 tblspns. sherry
2 cups water or stock
1 tblspn. cornflour
½ cup vinegar

HEAT... Sunbeam to 380°.
ADD... oil and fine chopped ginger.
CUT... shallots into 1 inch lengths.
CHOP... cucumber and grate turnip.
SAUTE... vegetables for 2 minutes.
REDUCE... heat to 220°.
ADD... other ingredients blended together.
COOK... for 3 minutes.
SERVE... with fish, fried rice, etc.

BARBECUE SAUCE

FRYPAN
Serves 4 to 6

2 tblspns. butter
⅓ cup chopped onion
1 cup tomato sauce
½ cup water
2 tblspns. brown sugar
⅓ cup vinegar or lemon juice
1 tblspn. prepared mustard
2 tspns. worcestershire sauce
salt and pepper

MELT... butter in Sunbeam at 340° and fry onion until tender.
ADD... remaining ingredients and cook set at 240°—about 15 minutes.

FOUNDATION BUTTER SAUCE

1 tblspn. shortening
1 tblspn. flour
1 cup milk
½ tspn. salt
cayenne

MELT... shortening, add flour and half of milk.
STIR... over a low heat until thick.
BEAT... until smooth, add seasonings.
ADD... remainder of milk gradually.
SIMMER... for a few minutes.
SEASON... and use as a base for cream soups, etc.

Medium Sauce for masking vegetables, meat, etc., requires 1 tablespoon each of flour and shortening.
Thick Sauce which is used as a foundation for croquettes, etc., requires 3 tablespoons each of flour and shortening.

VARIATIONS

Cheese Sauce: Add ½ cup grated cheese.
Egg Sauce: Add 2 diced hard-boiled eggs.
Parsley Sauce: Add 2 tablespoons parsley.
Oyster Sauce: Add 1 dozen oysters.
Caper Sauce: Add 2 tablespoons capers.
Anchovy Sauce: Add 1 tablespoon anchovy sauce.
Onion Sauce: Add 2 sliced cooked onions.
Brandy Sauce: Add an egg yolk and 2 tablespoons brandy.

Luncheon Dishes

RABBIT CASSEROLE

FRYPAN
Serves 4

1 young rabbit
oil for frying
1¼ cups breadcrumbs
1 egg
salt and pepper
½ tspn. ground savoury or oregano
1 cup milk

WASH ..... rabbit and cut into pieces.
HEAT ..... Frypan to 380° and fry rabbit pieces until browned.
REMOVE ... and place into a casserole.
PREPARE .. breadcrumbs on a Sunbeam Blender.
SAUTE ..... until golden brown.
SPRINKLE around rabbit.
WASH ..... Frypan and reheat at 420° with an asbestos mat and Hi-Dome Metal Lid.
BEAT ..... egg on Speed 10 of Sunbeam Mixmaster.
ADD ..... seasonings and milk and pour into casserole.
PLACE ..... casserole into Frypan and fit lid.
BAKE ..... until rabbit is tender.
REDUCE .. heat to 300° after ½ hour.
SERVE ..... with steamed vegetables.

RED DEVIL

DEEP-FRY COOKER OR FRYPAN
Serves 3 to 4

1 tblspn. shortening or oil
1 large onion
1 clove garlic
2 cups diced tomato
1 tblspn. cornflour
2 tspn. brown sugar
½ tspn. dry mustard
2 tspns. vinegar
2 cloves
1 bay leaf
1 tspn. red pepper sauce
salt and pepper
½ tspn. paprika
2½ cups cold cooked meat
½ lb. noodles or macaroni
chopped parsley

HEAT ..... oil in Sunbeam to 340°.
CHOP ..... onion and garlic until fine.
SAUTE ..... until tender—do not brown.
ADD ..... tomato, blended cornflour, sugar, mustard, vinegar, cloves and bay leaf, sauce to taste, salt and pepper and paprika.
COOK ..... at 260° for 10 minutes.
ADD ..... meat and allow to heat through.
HAVE ..... noodles ready cooked in boiling salted water.
PLACE ..... on to serving plate or individual plates.
POUR ..... Red Devil over and sprinkle with parsley before serving.

LOBSTER & MUSHROOMS

DEEP-FRY COOKER OR FRYPAN
Serves 2 to 4

1 large lobster
¼ lb. mushrooms
¼ lb. butter

SPLIT ..... lobster lengthwise, remove meat.
CLEAN ..... shell for serving.
CHOP ..... lobster meat into cubes.
WIPE ..... over mushrooms and chop to similar size pieces.
MELT ..... butter in Sunbeam at 340°.
SAUTE ..... mushrooms for 3 minutes.
ADD ..... lobster meat and heat through —about 3 minutes.
PILE ..... into lobster shell leaving sufficient room for a serving of mashed potatoes—pipe these on with a meringue tube.
DECORATE with parsley and lemon slices.

GOLDEN CHEESE SOUFFLE

FRYPAN
Serves 3 to 4

2 slices bread
2 eggs
¼ tspn. worcestershire sauce
¼ tspn. salt
little cayenne
1 tblspn. melted butter
½ cup hot milk
½ cup cubed cheese (strong)
6 sprigs parsley or 6 chives

REMOVE ..... crusts from bread — break into small pieces.
PLACE ..... into Sunbeam Blender and make into fine breadcrumbs —remove.
PLACE ..... egg yolks, sauce, salt, cayenne and butter in Blender.
BLEND ..... on low speed for a few seconds.
ADD ..... hot milk and cubed cheese and blend on high speed until fine.
BEAT ..... egg whites stiffly.
FOLD ..... into blended mixture, add breadcrumbs.
POUR ..... into a greased 1½ pint casserole.
PLACE ..... onto asbestos mat in Frypan preheated to 420°—fit lid.
COOK ..... 35 to 45 minutes or until set and golden on top.
SERVE ..... with grilled bacon.

NOTE: Souffle will shrink and spoil if not served immediately. It may be cooked in individual moulds for about 20 minutes.

BAKED RABBIT

DEEP-FRY COOKER OR FRYPAN
Serves 4

2 cups stale bread-crumbs
1 small onion
1 tblspn. butter
¼ cup chopped bacon
2 tspns. mixed herbs
salt and pepper
1 egg
1 rabbit

PREPARE ..... breadcrumbs and chop onion.
ADD ..... melted butter, bacon and seasonings.
MIX ..... with egg and little milk if required.
STUFF ..... rabbit.
HEAT ..... Sunbeam to 380° with small amount of shortening.
PLACE ..... rabbit into Sunbeam.
BROWN ..... evenly then reduce to 260°-300°.
COVER ..... with Lid and bake until tender.
PLACE ..... vegetables in ¾ to 1 hour before serving.

VARIATION
Omit bacon from seasoning and wrap rabbit in four bacon rashers—secure with toothpicks before baking.

LAMB'S BRAINS NEOPOLITAN

FRYPAN
Serves 4

4 sets lamb's brains
3 tblspns. olive oil
2 tspns. capers
12 black olives
salt and pepper to taste
4 tblspns. breadcrumbs

SOAK ..... brains in salted water.
SKIN ..... leave whole or chop as desired.
HEAT ..... 2 tablespoons olive oil in Frypan at 300°.
FRY ..... brains gently until cooked.
PLACE ..... into shallow casserole or individual casseroles with capers, olives, seasonings and breadcrumbs.
POUR ..... remaining oil over brains.
BROWN ..... in oven or underneath a griller.

SKILLET SUPPER

FRYPAN
Serves 4

4 carrots
8 large shallots
2 cups peas
4 potatoes
8 sausages or meat balls
1 cup stock or tomato pulp
parsley

PREPARE ..... vegetables, cut carrots in four lengthwise.
BOIL ..... potatoes about 5 minutes.
SET ..... control at 360°. Place sausages into Frypan to brown.
REDUCE ..... heat to 200°, add stock and arrange vegetables in Frypan, keeping each separate.
COVER ..... and cook gently, about ½ hour.
SERVE ..... at the table from the Sunbeam.

CURRIED PRAWNS

DEEP-FRY COOKER OR FRYPAN
Serves 6 to 8

1 lb. frozen or 2 lb. fresh prawns
8 shallots
2 white onions
3 sticks celery
½ cup French beans
3 tblspns. oil
2 tblspns. curry powder
1½ pints chicken stock
salt and pepper
2 tblspns. arrowroot
1 tblspn. sherry
1 tspn. gourmet salt
6 tblspns. cream

SHELL ..... prawns and chop if very large.
CUT ..... shallots into 2 inch pieces, onions into rings and celery into ½ inch pieces and prepare beans.
HEAT ..... Sunbeam to 380° with oil.
SAUTE ..... shallots and then beans until tender—set aside.
SAUTE ..... onions and celery with curry powder until lightly cooked.
REDUCE ..... heat to 220°, add stock, beans and prawns.
SEASON ..... to taste.
BLEND ..... arrowroot with sherry and a little water.
POUR ..... into Sunbeam—stirring until thickened.
COOK ..... for 3 minutes.
ADD ..... gourmet salt, shallots and cream and heat through.
SERVE ..... with fried or boiled rice.

SAUSAGE AND APPLE BAKE

FRYPAN OR DEEP-FRY COOKER

6 pork sausages
3 large rashers bacon
1 tblspn. oil
1 onion, sliced
1 to 2 apples cut into rings
1 tblspn. brown sugar
½ cup white wine or beef stock
salt and pepper

REMOVE ..... the rind from the bacon and cut rashers in half.
WRAP ..... each sausage in a piece of bacon and secure with a cocktail stick.
PLACE ..... the oil in Frypan or Deep-Fry Cooker control set at 220°. Add the sausages and gradually increase temperature to 300° over a period of 25 minutes, lid on and vent closed.
REMOVE ..... sausages and drain off excess fat.
ADD ..... onions and saute until a golden brown.
RETURN ..... the sausages and place a ring of apple, sprinkled with brown sugar on to each sausage.
POUR ..... white wine over.
REDUCE ..... temperature to SIMMER and cook for a further 15 minutes or until the apple is tender.

CHEESE DUNK

FRYPAN AND DEEP-FRY COOKER

½ cup mayonnaise
2 ozs. blue cheese
4 sprigs parsley
1 slice green pepper
1 clove garlic
½ tspn. celery salt
1 tblspn. lemon juice
salt and cayenne
½ lb. processed cheddar cheese
½ cup cream

PLACE ..... mayonnaise, blue cheese, parsley, green pepper, garlic and celery salt into Blender.
BLEND ..... until smooth.
ADD ..... lemon juice, salt and cayenne and chopped or grated cheese.
POUR ..... into Sunbeam heated to SIMMER.
STIR ..... until heated through.
ADD ..... cream gradually to form a thick sauce.
SERVE ..... on toast, with fish cocktails or crackers.

RAREBIT AND TOMATO TOAST

FRYPAN

2 rashers bacon
1 tomato
2 slices toast
1 cup sharp cheese finely grated
1 tspn. worcestershire sauce
pinch mustard and cayenne
⅓ cup milk

PLACE ..... bacon into Frypan with control set at 300.
SLICE ..... tomatoes about ½" thick and cook with bacon.
PLACE ..... tomato slices onto toast—remove bacon and keep hot.
REMOVE ..... any browned food particles from Frypan.
REDUCE ..... temperature to SIMMER.
POUR ..... in milk, sauce, cheese, mustard and seasonings.
STIR ..... until cheese melts and forms a thick sauce.
POUR ..... over tomato. Top with bacon and serve.

GRILLED SAUSAGES

FRYPAN

SEPARATE sausages, prick if desired.
PLACE ..... into cold Frypan; or during heating.
TURN ..... to brown on all sides.
NOTE ..... High Dome Metal Lid may be fitted to prevent splash—USE WITH VENT OPEN or in position 4.
Sausages may be rolled in flour or covered with egg glaze and breadcrumbs, then fried at 380°-420°. Use ½ inch oil or shortening in Frypan.

CHEESE CREOLE

FRYPAN

4 ozs. butter or margarine
¾ cup minced onion
¾ cup minced green pepper
½ cup milk
1 x 8 oz. tin tomato soup
1½ cups grated cheese
2 eggs

HEAT ..... Frypan to 340°. Prepare onion and green pepper and saute in butter—do not brown.
REDUCE ..... heat to 220°, add milk and soup.
ADD ..... cheese and stir until mixture is smooth.
SIMMER ..... until onion is quite tender.
BEAT ..... eggs and add to Frypan stirring continuously.
COOK ..... for a few minutes.
SERVE ..... sprinkled with parsley.

BARBECUED FRANKFURTS

FRYPAN

1 lb. frankfurts
1 tblspn. oil
½ cup celery
½ cup onion
1 tomato
2 tspns. worcestershire sauce
1 x 8 oz. can tomato soup
1 cup water
salt and pepper

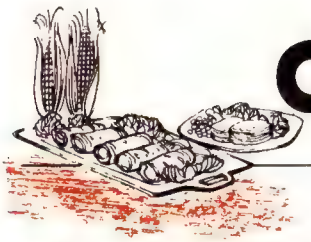
SKIN ..... and slice frankfurts.
HEAT ..... Frypan to 300° with oil.
DICE ..... celery and slice onion, fry until tender.
ADD ..... sliced tomato and cook for 2 minutes.
REDUCE ..... heat to SIMMER, add sauce, soup and water and seasoning to taste.
COOK ..... for 15-20 minutes, add frankfurts and heat through.

LUNCHEON CHARLOTTE

FRYPAN

4 rashers bacon
1 onion
1 pkt. processed cheese
4 bananas
2 apples
breadcrumbs

PREHEAT ..... Frypan to 420° with lid fitted.
CHOP ..... onion very fine, and chop bacon into ½" pieces.
SLICE ..... cheese, bananas and apples thinly.
GREASE ..... a 1½ pt. casserole or 9" tart plate and sprinkle with breadcrumbs.
PLACE ..... layers of banana, cheese, bacon, apple and onion into dish and repeat using remaining food.
SPRINKLE with crumbs and dot with a little butter.
PLACE ..... onto asbestos mat and bake in Frypan for 45-50 minutes.



Croquettes

Any left-over foods can be quickly made into tasty croquettes with very little effort. Tinned foods prepared in this way make an attractive luncheon dish for the unexpected guest and are so quick to prepare in your Sunbeam Deep-Fry Cooker or Frypan—always half fill the vessel with oil.

CHICKEN CROQUETTES

DEEP-FRY COOKER OR FRYPAN
Serves 6

2 oz. shortening
2 tblspns. flour
½ tspn. salt
⅛ tspn. pepper
¼ tspn. celery salt
½ tspn. herbs
½ cup evaporated milk
½ cup chicken broth or mushroom liquid
2½ cups minced chicken
½ cup cooked mushrooms, chopped
2 tspns. grated onion, if desired
2 tsnps. chopped parsley
1 slightly beaten egg diluted with 1 tblspn. water
fine, dry breadcrumbs

MELT ..... shortening in saucepan on Frypan at 420°.
BLEND ..... in flour, salt, pepper, celery salt and herbs.
GRADUALLY add milk and broth.
COOK ..... stirring until thickened and smooth. Remove from heat.
ADD ..... chicken, mushrooms, onion and parsley and mix well.
FORM ..... into croquettes, dip in egg glaze and roll in breadcrumbs. Chill.
FRY ..... in preheated shortening until golden brown—380°.
DRAIN ..... on absorbent paper.
SERVE ..... with sauteed mushrooms or medium white sauce made from chicken stock and flavoured with 1 tablespoon chopped parsley.

PARSNIP PUFFS

DEEP-FRY COOKER
Makes 24 Puffs

2 eggs
2 cups mashed parsnip
1½ cups self-raising flour
salt and pepper
½ cup milk

HEAT ..... Deep-Fry Cooker to 380° with oil.
BEAT ..... eggs lightly on Speed 12 Sunbeam Mixmaster.
ADD ..... parsnip, flour, salt and pepper and mix through—Speed 2.
ADD ..... sufficient milk to form a soft, thick batter.
DROP ..... by spoonsful into heated oil.
FRY ..... until golden.

FISH PUFFS

DEEP-FRY COOKER
Serves 6 to 8

1 cup self-raising flour
salt and pepper
1 tspn. anchovy sauce
1 tblspn. lemon juice
1 tblspn. chopped parsley
1 cup flaked cooked fish
⅓ to ½ cup milk

SIFT ..... flour, salt and pepper then add sauce, lemon juice, parsley and fish.
MIX ..... with sufficient milk to form a thick batter and drop from a tablespoon into preheated shortening.
FRY ..... until browned evenly and drain on absorbent paper. Serve immediately.

NOTE: An economical way to use left-over fish. Made with a tablespoonful of batter they are ideal for luncheon. For party snacks use a teaspoon.

RABBIT PYRAMIDS

DEEP-FRY COOKER
Serves 6

2 cups minced rabbit
½ cup minced sultanas
1 bacon rasher, minced
1 tblspn. minced shallot
½ cup soft breadcrumbs
1 egg
3 tblspns. chutney
pinch curry powder
flour, salt and pepper
egg glaze
fine, dry breadcrumbs

PREPARE ... minced rabbit, sultanas, bacon and shallot and place in mixing bowl.
ADD ..... breadcrumbs, beaten egg, chutney, curry powder, salt and pepper to taste.
MIX ..... together and shape into pyramids.
ROLL ..... in flour, dip in egg glaze and toss in breadcrumbs. Chill.
FRY ..... in preheated shortening until brown.
DRAIN ..... on absorbent paper.

Vegetables

It is now possible, with automatic heat-controlled appliances, to cook vegetables quickly, without danger of boil-over or their boiling dry. Vegetables so cooked retain a far greater nutritive content than those cooked in the old fashioned way. The golden rule for cooking vegetables is to cook them for the shortest possible time in a minimum amount of water and with the lid on. It is not necessary to cover the vegetables with water.

Boiled vegetables may be cooked in the Deep-Fry Cooker or the Frypan.

In the Frypan place vegetables directly into the water, into steamer baskets or wrap in aluminium foil. Cover with Frypan lid.

In the Deep-Fry Cooker place vegetables into the Rice and Vegetable Cooker Basket then lower into the Deep-Fry Cooker. Fit the lid for cooking. As soon as the water returns to the boil reduce the heat control to 260° for the required time.

Steamed vegetables. The All Purpose Steamer Basket ensures vegetables are perfectly cooked either above sufficient water or above food cooking in your Deep-Fry Cooker. Alternatively, wrap vegetables in aluminium foil and place them onto meats, stews, etc., in the Frypan.

FRENCH FRIED POTATO CHIPS

DEEP-FRY COOKER

(Blanch and Brown Method)

PREPARE ... chips, wash and dry thoroughly.
PLACE ... into basket and lower into medium preheated to 380°.
COOK ... until tender—not brown—five to seven minutes.
LIFT ... basket to drain slot.
REHEAT ... at 380° until light goes off.
PLACE ... basket into Sunbeam and cook until browned—a few minutes.
LIFT ... to drain slot to heat drain.
PLACE ... onto absorbent paper.
SEASON ... with salt and pepper.

NOTE: Do not fry too many chips at one time. NEVER have fry basket more than half full. If larger quantities are being prepared, place blanched chips on to absorbent paper and complete first cooking cycle before browning. First cooking can be done well in advance.

FRENCH FRIED POTATOES

(One Frying) DEEP-FRY COOKER

PREPARE ... potatoes. Half fill basket. Lower potatoes into medium heated to 380°.
FRY ... until brown and crisp—10 to 15 minutes.
SHAKE ... basket during cooking.
DRAIN ... and place on absorbent paper.
SPRINKLE ... with salt and serve immediately.

POTATO CRISPS

DEEP-FRY COOKER

PEEL ... potatoes and slice very thinly.
PLACE ... into salted iced water for at least one hour.
DRY ... thoroughly.
HEAT ... medium to 380° with basket in frying position.
FRY ... only small quantities—about a handful at one time—shaking frequently during cooking.
DRAIN ... salt when cold if crisps are to be kept.

STEAMED VEGETABLES

DEEP-FRY COOKER WITH ALL-PURPOSE STEAMER BASKET

PLACE ... about 2 cups of water into Deep-Fry Cooker.
PREPARE ... vegetables. Cut root vegetables — potatoes, carrots, etc., into rings or slices about the same size.
FIT ... Divider into Steamer Basket.
PLACE ... vegetables in and springle lightly with salt.
SET ... control to 220°
LOWER ... basket into Cooker and fit lid.
COOK ... until vegetables are tender.

ALTERNATIVELY: Prepare and part cook your main course—stew, etc.—about ½ hour before serving, place vegetables into Steamer Basket and fit over the stew.

BOILED SPAGHETTI, MACARONI & NOODLES

DEEP-FRY COOKER WITH RICE AND VEGETABLE COOKER BASKET

3 pints water
3 tblspns. salt
1 tblspn. oil
1 lb. spaghetti

PUT ..... water into Deep-Fry Cooker with salt and oil.
PLACE ..... Rice and Vegetable Cooker Basket into position.
SET ..... control at 300° and bring to the boil.
PLACE ..... spaghetti in. It may be broken or left in its full length.
WAIT ..... a few seconds for full length spaghetti to soften, then press down until all spaghetti is under water.
WHEN ..... boiling stir spaghetti with a fork.
FIT ..... lid and reduce to 200°.
COOK ..... for 15 to 20 minutes or until tender.
FIT ..... handle and lift basket to the drain position for serving.

FRENCH BEANS AND MUSHROOMS

DEEP-FRY COOKER OR FRYPAN

Serves 4

1 lb. French beans
2 oz. mushrooms
1 tblspn. lemon juice
1 tblspn. butter or margarine
1 clove garlic
salt and pepper
creamed potatoes

PREPARE ..... beans and cook in boiling salted water.
SLICE ..... mushrooms—fine chop stalks, sprinkle with lemon juice.
HEAT ..... butter in Sunbeam at 300° with garlic—remove garlic.
SAUTE ..... mushrooms until tender.
ADD ..... drained beans and season to taste with salt and pepper.
SERVE ..... in a ring of creamy mashed potatoes or as an accompaniment to meats.

SAUTE ONIONS

FRYPAN

onions
salt and pepper
2 tblspns. oil, butter or margarine

PEEL ..... and slice onions about ¼ inch thick.
PREHEAT ..... Sunbeam to 360° with oil.
ADD ..... onions and cook, stirring frequently until golden brown.
SEASON ..... to taste.

NOTE: If making onion gravy allow 1 tablespoon flour, ½ pint stock or water to 1 lb. onions.

ADD ..... flour to cooked onions and then add water with the control set at SIMMER.
COOK ..... for 3 minutes before serving.

SAVOURY CABBAGE

FRYPAN

Serves 4 to 6

1 medium size cabbage (about 2 lb.)
4 bacon rashers
1 onion
12 shallots
salt and pepper

WASH ..... cabbage, remove stalks and slice thinly.
FINE ..... chop bacon and onion.
PLACE ..... bacon into Frypan heated at 340° and cook until fat flows.
ADD ..... cabbage and onion.
STIR ..... until mixed, season to taste.
REDUCE ..... heat to 260°.
CHOP ..... shallots in 1 inch lengths and place on top of cabbage. Fit lid.
COVER ..... and cook until tender—about 10 minutes. DO NOT OVER-COOK CABBAGE.

STEAM-BOILED VEGETABLES

DEEP-FRY COOKER WITH RICE AND VEGETABLE COOKER BASKET

PREPARE ..... vegetables and heat cooker with water as in Steamed Vegetables.
PLACE ..... vegetables into Rice and Vegetable Cooker Basket.
USE ..... the divider for cooking an average family quantity or omit divider when cooking large quantities (up to 6 lb. of frozen or 12 lb. fresh peas. Do not use more water.) Add salt to taste.
SET ..... control at 200°.
FIT ..... basket, cover with lid and cook for the required time.

Larger quantities of vegetables can be lightly stirred or shaken during the first half of cooking to ensure heat is evenly distributed.

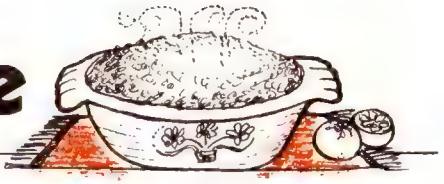
MUSHROOMS

FRYPAN

WIPE ..... mushrooms (do not skin).
SLICE ..... sprinkle with lemon juice and saute for 3 minutes at 340°-380°.

Most vegetables can be cut into straws or thin slices and cooked in this way. Omit lemon juice. Try them cooked separately or combine interesting flavours —French beans and mushrooms; celery and onion; carrot and beans; parsnips and parsley; cauliflower and peas.

Ways with **Rice**



There are many ways to cook rice and one of the standard methods on this page will enable you to prepare rice your family will enjoy. Being bland in flavour it can be very unin eresting unless it is well seasoned. For Savoury Rice use stock to replace water, for interesting flavour variations add chopped capsicum or parsley or sprinkle with paprika for colour and a better appearance.

FRIED RICE

½ lb. pork flap
3 tblspns. oil or melted butter
1 cup uncooked rice
1 to 2 cups chicken stock or water
2 tblspns. shallots
1 cup shelled prawns
2 eggs
soy sauce
lemon juice
salt to taste

CHOP ..... pork into cubes.
HEAT ..... oil at 340°.
FRY ..... pork until tender, then remove.
FRY ..... rice for 2 minutes until browned.
ADD ..... 1 cup stock and cook at SIMMER with lid on.
COOK ..... until moisture is absorbed and rice is tender—use more liquid if required.
ADD ..... shallot cut into ½ inch lengths, pork and prawns and heat through.
FRY ..... eggs in corner of Frypan until hard cooked.
CHOP ..... into pieces and mix through rice.
SPRINKLE ..... with lemon juice and soy sauce or serve sauce separately.

ORIENTAL BOILED RICE

DEEP-FRY COOKER WITH RICE AND VEGETABLE COOKER BASKET

3 cups water
2 tspns. salt
2 cups rice

PLACE ..... rice into Rice and Vegetable Cooker Basket.
WASH ..... well under running water.
LOWER ..... basket into Deep-Fry Cooker and remove handle.
POUR ..... in water and add salt.
FIT ..... lid—close vent and bring to the boil at 300°.
RESET ..... control to 220° and cook until water is absorbed and rice tender—25 to 30 minutes.

NOTE: Unwashed rice may be cooked in the same way, but takes a little longer to cook through.

SEVEN MINUTE FLUFFY RICE

DEEP-FRY COOKER WITH RICE AND VEGETABLE COOKER BASKET

2 to 3 pints water
1 scant tblspn. salt
1 cup rice

PUT ..... water and salt into Deep-Fry Cooker and bring to boil at 300°.
PLACE ..... rice into Rice and Vegetable Cooker Basket.
FIT ..... handle and lower into boiling water.
SHAKE ..... basket gently until water reboils or stir with a fork.
REMOVE ..... handle and reduce heat to 220°.
FIT ..... lid and boil for 7 minutes.
TURN ..... off power, remove control, lift out basket and empty water.
RINSE ..... vessel and one-third fill with cold water.
HOLD ..... basket of rice under cold tap water and wash rice until all starch is removed — water should be clear.
RETURN ..... to cooker half filled with water — reconnect control and power.
HEAT ..... to boiling at 300°.
RICE ..... should be cooked, but always make sure grains are tender before serving. Cook a little longer if necessary.

FLUFFY RICE

DEEP-FRY COOKER WITH RICE AND VEGETABLE COOKER BASKET

HALF ..... fill Deep-Fry Cooker with water and add 1 scant tablespoon of salt and bring to the boil at 300°.
PLACE ..... 1 cup rice into Rice and Vegetable Cooker Basket and wash under cold water, until water is clear.
LOWER ..... into boiling water, cover with lid and cook until tender at 220°.
WASH ..... again with hot or cold water.
REHEAT ..... over boiling water if cold water is used.

Alternate Method

FOLLOW ..... instructions for Fluffy Rice, but place unwashed rice into Rice and Vegetable Cooker Basket.
LOWER ..... into boiling water.

Snacks & Savouries

SALAMI CHEESE FINGERS

DEEP-FRY COOKER OR FRYPAN

Makes 12 fingers

1 cup chopped tasty cheese
1 gherkin
2 slices onion
½ clove garlic
2 stuffed olives
2 tblspns. evaporated milk
½ tspn. worcestershire sauce
dash hot pepper sauce
salt and pepper
8 slices sandwich bread
sliced salami
egg glaze
breadcrumbs

ROUGH ..... chop cheese, gherkin, onion, garlic and olives.
PLACE ..... all but the cheese into Blender with milk and sauces.
BLEND ..... on high speed until fine chopped.
ADD ..... cheese a little at a time blending till smooth. Season to taste, spread onto one side of each slice of bread.
PLACE ..... salami slices onto 4 slices of bread and use remainder to make sandwiches.
REMOVE ..... crusts, cut into fingers.
BRUSH ..... with egg glaze and roll in breadcrumbs.
FRY ..... in oil in Sunbeam heated to 340°. Serve immediately.

HOT ASPARAGUS ROLLS

DEEP-FRY COOKER

asparagus tips
thin bread slices
melted butter
toothpicks

HEAT ..... Deep-Fry Cooker to 380° with about 2 inches of oil.
CUT ..... crusts from bread, and brush with melted butter.
PLACE ..... a piece of asparagus onto bread, and roll from one corner.
SECURE ..... with a toothpick.
FRY ..... until lightly browned.
DRAIN ..... and serve.

MEXICAN SAUSAGES

DEEP-FRY COOKER OR FRYPAN

Serves 6

¾ lb. sausages
2 tblspns. oil
2 lb. white onions
⅓ cup soy sauce
1 tspn. paprika
¼ tspn. gourmet salt
½ tspn. oregano
1 x 16 oz. tin tomato soup

PLACE ..... sausages into Sunbeam and cover with water—poach for 5 minutes.
REMOVE ..... cool and cut into 1 inch pieces.
HEAT ..... oil in Sunbeam to 380°.
CHOP ..... onions into ½ inch pieces and saute—do not brown.
REDUCE ..... heat to 260°.
ADD ..... soy sauce, paprika, gourmet salt, oregano and tomato soup.
SEASON ..... to taste—add sausages and continue cooking for 10 minutes.
THICKEN ..... if desired with a little blended cornflour.
SERVE ..... on or with toast.

BANANA-BACON ROLLS

DEEP-FRY COOKER

firm bananas
bacon rashers
egg glaze
breadcrumbs
toothpicks

PEEL ..... bananas, split lengthwise and cut into halves.
REMOVE ..... rind from bacon rashers and cut into 2 inch lengths.
WRAP ..... bacon pieces around banana pieces.
SECURE ..... with a toothpick.
DIP ..... in egg glaze and toss into breadcrumbs.
FRY ..... until browned in Sunbeam at 380°.
SERVE ..... immediately.

TOASTED SANDWICHES

The Sunbeam FRYPANS are ideal for preparing toasted sandwiches. Always cut the bread evenly—about ¼ inch thick, butter and spread with your favourite filling. Brush or lightly spread the outside with butter before toasting. Preheat the Sunbeam to 380°- 420°, brush lightly with shortening, place prepared sandwiches into Sunbeam and brown on both sides about five minutes. Press flat with egg slice while cooking.

SUITABLE FILLINGS

Use sliced processed or spreading cheese, with mustard or barbecue sauce.
Combine fried tomato and crisp bacon slices.
Use sliced cooked ham, chicken or turkey, thinly sliced tomato and grated cheese.
Combine mashed salmon with chopped gherkin and salad dressing. Sprinkle with chopped lettuce.
Chop hard-boiled egg and use with fried ham, tomato and mayonnaise.

FILET MIGNON

FRYPAN
Serves 8

2 cups small mushrooms
8 pieces fillet steak
8 rashers bacon
1 oz. butter
salt and pepper
lemon juice
8 slices bread

CLEAN ... mushrooms — remove stalks and keep for soup, etc.
HAVE ... steaks cut 1 inch thick and a good round shape.
REMOVE ... rind from bacon rashers.
WRAP ... one rasher around each fillet —secure with a tooth pick.
HEAT ... butter in Sunbeam to 340°.
ADD ... salt and pepper, place steaks in — cook 2 minutes either side to seal.
CONTINUE ... cooking to suit family tastes —turning each 2 minutes.
KEEP ... steaks to one side of Frypan. Season. Set Pan-Grill Lever.
WHEN ... steaks are almost cooked, sprinkle mushrooms with lemon juice, saute, allowing about 2 minutes only.
SERVE ... immediately on fried or toasted bread with potato balls, steamed vegetables and Bordelaise Sauce.

STEAK DIANE

FRYPAN
Serves 6

6 pieces fillet steak
6 cloves garlic
3 tblspns. oil
butter for frying
salt and pepper
French mustard

Sauce
8 tblspns. claret or dry sherry
8 tblspns. tomato sauce
1 tblspn. worcestershire sauce
8 tblspns. cream

HAVE ... butcher cut steaks at an angle across the eye of fillet —1 inch thick.
POUND ... with a meat mallet to ½ inch thick.
CRUSH ... garlic and mix with oil and a little salt.
RUB ... into fillets — both sides — cover and allow to stand at least 2 hours.
HEAT ... Frypan to 340°-380°, add sufficient butter to cover Frypan.
PLACE ... steaks into Frypan and cook two minutes to seal meat, add salt and pepper to taste.
TURN ... smear sealed side with French mustard.
DO NOT ... overcook—2 to 3 minutes on the second side should be sufficient.
REDUCE ... temperature to 260° and place steaks to the side of the Frypan and set Pan-Grill Lever.
ADD ... wine and sauces and bring to the boil.
RESET ... control to SIMMER, stir in cream—DO NOT BOIL.
SERVE ... sauce over steaks or allow steaks to heat in sauce no longer than 1 minute.

MEAT BALLS

DEEP-FRY COOKER
Makes 18

1½ lb. round steak
1 small onion
few sprigs parsley
½ cup soft breadcrumbs
½ tspn. salt
pepper
½ tspn. ground savory
2 tspns. worcestershire sauce
1 egg

MINCE ... steak, onion and parsley on fine plate of Mincer Attachment.
MIX ... with breadcrumbs, salt, pepper, seasoning and sauce.
BIND ... together with egg and make into 18 balls—chill.
FRY ... in preheated shortening until browned.
DRAIN ... and place on absorbent paper.

GRILLED STEAK

FRYPAN

Approximate times for 1 inch steak:
Rare, 7 to 10 minutes.
Medium rare, 9 to 12 minutes.
Well done, 12 to 15 minutes.

PREHEAT ... Sunbeam to 380° and grease Frypan lightly with shortening or rub with bacon fat if desired.
PLACE ... steak into heated dry or greased Sunbeam.
BROWN ... on both sides—allow about 2 minutes.
CONTINUE ... cooking until cooked as desired.

ALTERNATE METHOD
For well-browned, quickly cooked, underdone steaks, heat Frypan to 420°. Brown steaks 2 minutes on each side and continue cooking as desired.

QUICK-MIX BURGERS

FRYPAN

1 lb. mince steak
1 onion, chopped finely
1 egg, beaten
1 pkt. chicken noodle soup
pepper
seasoned flour
3 tblspns. oil
6 slices bread—buttered both sides
shredded lettuce
beetroot slices
tomato slices

COMBINE ... mince steak, onion, egg and soup. Season with pepper.
USING ... wet hands form into 6 hamburgers.
ROLL ... in seasoned flour and flatten.
HEAT ... the oil to 340°.
ADD ... hamburgers and cook for 10 minutes, turning occasionally.
WHEN ... cooked drain on kitchen paper.
DRAIN ... excess oil from the Frypan.
FRY ... buttered bread on both sides at 300°.
PLACE ... a little lettuce, beetroot, tomato and hamburger on to each piece of cooked bread.

N.B.: Ideal supper or luncheon snack.

CHATEAUBRIAND WITH MUSHROOMS

FRYPAN
Serves 4

1 piece fillet steak (1½ to 2 lb.)
6 shallots
½ cup claret
butter
6 oz. mushrooms
juice half a lemon
2 cups brown gravy
2 tblspn. cornflour
salt and pepper
1 egg yolk
2 tblspns. cream

PLACE ... fillet into a casserole or deep dish. Sprinkle with fine chopped shallot.
POUR ... over claret. Cover and marinate for at least 2 hours.
HEAT ... Frypan to 380°, add a little butter and place meat in.
COOK ... until browned and sealed on all sides.
REDUCE ... temperature to 280°-300° and continue cooking to suit family tastes.
WHEN ... almost cooked set Pan-Grill Lever.
ADD ... mushrooms which have been sliced and sprinkled with lemon juice and cook in meat drippings. Add a little more butter if required—cook for 3 minutes.
REDUCE ... heat to 220°—add claret and gravy—stock.
THICKEN ... with cornflour blended with a little water — cook for 3 minutes—season to taste.
ADD ... egg yolk and cream and stir through—DO NOT BOIL.
SERVE ... with Fried Rice or French Salad.

BEEFARINI

DEEP-FRY COOKER OR FRYPAN
Serves 6

4 tblspns. olive oil
1 clove garlic
2 tblspns. chopped onion
½ lb. chuck steak
2 oz. lean pork
½ lb. tomatoes
2 tblspns. tomato paste
2 tblspns. water
salt and pepper
1 tspn. basil
½ lb. shell macaroni
grated parmesan cheese

HEAT ... oil in Sunbeam to 380°.
CHOP ... garlic and fry until browned —remove from oil.
REDUCE ... heat to 300° and fry onions until lightly browned.
MINCE ... steak and pork on fine plate of mincer.
PLACE ... in Frypan and heat until colour changes.
ADD ... tomatoes which have been pureed on Sunbeam Blender, tomato paste, water, salt and pepper to taste.
COVER ... and cook until tender and a thick sauce forms—about 1 hour 220°-260°.
ADD ... basil and stir evenly through.
PLACE ... macaroni into boiling salted water — 300° Deep-Fry Cooker.
BRING ... to the boil, lower heat and simmer until tender—15 to 20 minutes.
DRAIN ... and mix into meat sauce.
SERVE ... sprinkled with parmesan cheese.

CHINESE STEAK

FRYPAN
Serves 4 to 6

2 lb. rump steak
1 tblspn. soy sauce
1 clove garlic
2 tblspns. peanut oil
1 tspn. cornflour
¾ cup chicken stock
½ tspn. gourmet salt
savoury rice
savoury cabbage

CUT ... steak in thin pieces about 1 x ½ x 2 inches.
PLACE ... into bowl with soy sauce and fine chopped garlic.
ALLOW ... to stand for about 2 hours.
HEAT ... Frypan to 420° with oil.
SAUTE ... steak pieces until cooked about 2 minutes and reduce heat to 200°.
ADD ... cornflour blended with chicken stock and remaining soy sauce.
STIR ... until thickened, season to taste.
PLACE ... rice onto a platter with cabbage in the centre to leave a border of rice.
ARRANGE ... steak on cabbage and pour sauce over.

CARPET BAG STEAK

FRYPAN

Serves 4

1 whole eye fillet of beef (about 2 lb.)
1 clove garlic
1 cup soft breadcrumbs
1-1½ doz. oysters
salt and pepper
3 tblspns. burgundy

CUT ..... a pocket along the centre of the fillet.
RUB ..... meat over with cut clove of garlic.
MIX ..... breadcrumbs with oysters—add salt and pepper to taste.
PLACE ..... seasoning into fillet and secure with a skewer or cotton.
WRAP ..... in aluminium foil—place into greased Sunbeam preheated to 380°.
TURN ..... at about 2 minute intervals to seal steak.
SET ..... to 260°-300°, cover with Hi-Dome Metal Lid and continue cooking to the required doneness — usually ¾ to 1 hour. Time will vary, dependent on thickness of fillet.
ADD ..... a small quantity of oil and bake vegetables whilst steak is cooking.
REMOVE ..... steak and make a gravy, adding burgundy to taste—add extra oysters if desired.
SLICE ..... steak and serve immediately.

SUBSTITUTE mushrooms for oysters—use ½ cup chopped in the seasoning—¼ cup in the gravy.

SPAGHETTI NOVELLI

DEEP-FRY COOKER OR FRYPAN

Serves 6 to 8

1 tblspn. oil
3 onions
½ cup celery
8 anchovy fillets
½ lb. minced steak
1 tblspn. chopped parsley
1 tspn. rosemary
1 tspn. sage
1 lb. tomatoes
½ cup dry white wine
salt and pepper
1 lb. spaghetti
1 tblspn. Roman cheese
1 tblspn. parmesan cheese

HEAT ..... oil in Frypan to 380°.
SAUTE ..... fine sliced onions and chopped celery until golden.
BROWN ..... minced anchovies and meat.
REDUCE ..... heat to 260°, add parsley, rosemary and sage, pureed tomatoes and wine—season to taste.
COVER ..... with lid and simmer for 30 minutes.
HALF ..... fill Deep-Fry Cooker with water, add 2 tablespoons salt and bring to boil at 300°.
ADD ..... spaghetti in Rice and Vegetable Cooker basket and 1 tablespoon oil.
COVER ..... and simmer about 15 minutes.
DRAIN ..... place on serving plate.
POUR ..... sauce over and sprinkle with grated cheese.

POT ROAST

DEEP-FRY COOKER OR FRYPAN

Serves 6 to 8

2 tblspns. shortening
3-3½ lb. of rolled beef or topside
flour
1 tspn. salt
¼ tspn. pepper
1 tblspn. chilli sauce
1 large onion
½ cup water

PREHEAT ..... Sunbeam to 360° and melt shortening.
WIPE ..... meat with a damp cloth.
DIP ..... into flour, salt and pepper.
PLACE ..... into heated shortening and brown on all sides.
POUR ..... off excess shortening.
SPREAD ..... meat with chilli sauce, fine sliced onion and add water.
COVER ..... Sunbeam and turn to 260°.
SIMMER ..... until tender.
REMOVE ..... meat and keep warm.
MAKE ..... a gravy in the Sunbeam with additional flour and water.
COOK ..... until thick and smooth with control set at 300°.

Try dry sherry or claret instead of ½ cup of water for new, exciting flavour. Omit chilli sauce if sherry is used.

Vegetables for Pot Roast. About 45 minutes before meat is cooked add prepared carrots, and potatoes peeled and cut into suitable sized pieces. Set control to 300° until boiling, then reduce to 260° for cooking. Sprinkle vegetables with paprika before serving.
Small pork, veal or lamb roasts may be prepared in this manner.

Green Vegetables. Prepare vegetables, wash, sprinkle with salt and place in aluminium foil, separate steamer baskets, pudding mould, or All Purpose Steamer Basket. Place on or over Pot Roast. Cook about 40 minutes.

BEEF STROGANOFF

DEEP-FRY COOKER AND FRYPAN

Serves 4 to 6

1½ lb. rump steak
2 tblspn. flour
1½ oz. shortening
½ cup chopped onion
1 clove garlic
2 tspns. sugar
½ lb. tomatoes
1 pkt. mushroom soup
½ pint water
½ cup evaporated milk
2 tspns. vinegar

CUT ..... steak into finger lengths and roll in flour.
MELT ..... shortening in Sunbeam at 360°.
FRY ..... steak until browned.
ADD ..... finely chopped onion and garlic, sugar, cubed tomatoes and mushroom soup blended with water.
RESET ..... to 260°, cover with lid and simmer about 15 minutes until steak is tender.
ADD ..... vinegar and milk before serving.

NOTE: Use topside steak, simmer 1½ to 2 hours.

KABOBS

FRYPAN
Serves 12

3 onions
½ cup vinegar
½ cup oil
10 cloves
salt and pepper
3 lb. rump steak
12 small tomatoes
6 slices pineapple

CHOP ..... onion and place into a bowl with vinegar, oil, cloves, salt and pepper.
CUT ..... meat into 48 cubes (about 2 inch).
PLACE ..... into bowl with onion mixture and allow to stand for 1 hour.
CUT ..... tomatoes in halves (choose firm tomatoes) and each pineapple slice into 8 pieces.
PLACE ..... meat, pineapple and tomato pieces alternately on to 12 skewers.
HEAT ..... Sunbeam to 380° and grease with a little oil.
GRILL ..... Kabobs until cooked as desired—about 10 minutes.
TURN ..... frequently while cooking.

GREEK CABBAGE ROLLS

FRYPAN
Makes 12 Rolls

1 cabbage
2 tomatoes
1 onion
large sprig mint
1 lb. round steak
⅔ cup rice
1 egg
1 tblspn. oil
salt and pepper
2 cups water
¼ cup oil
½ pint thick white sauce
rind and juice of 1 lemon
2 beaten eggs
paprika
chopped shallot

PURCHASE a cabbage which has plenty of deep green leaves on the outside.
SEPARATE leaves. Wash and reserve large outside leaves.
REMOVE ..... coarse stems from twelve inside leaves and place into Frypan.
ADD ..... 2 cups boiling salted water. Cover and simmer at 220° for 3 minutes. Remove and allow to cool.
ROUGH ..... chop tomatoes and onion.
PLACE ..... tomatoes into blender with mint. Blend until pureed.
ADD ..... onion and blend until finely chopped. Place into large Mixmaster bowl.
MINCE ..... steak on fine plate of Sunbeam Mincer.
MIX ..... with tomato, rice, egg, 1 tablespoon oil, salt and pepper.
DIVIDE ..... onto steamed cabbage leaves. Roll and secure with toothpicks.
LINE ..... Frypan with outer leaves, arrange rolls. Do not overlap rolls. Cover with more leaves.
ADD ..... water and oil. Fit lid. Bring to boil at 300°. Reduce heat and simmer for 40 minutes.
PREPARE ..... sauce. Add water and oil from Frypan, rind and juice of lemon. Cool slightly.
ADD ..... beaten eggs and cook until thick—DO NOT BOIL.
ARRANGE ..... rolls on serving dish, mask with sauce and garnish with paprika and chopped shallot.

SPAGHETTI BOLOGNAISE

DEEP-FRY COOKER AND FRYPAN
Serves 6 to 8

2 cups sliced mushrooms or 1 x 8 oz. tin sliced mushrooms
2 med. sliced onions
2 cloves garlic or garlic paste
1 lb. rump or fillet steak
4 tblspns. oil
3 tblspns. flour
salt and pepper
2 tblspns. sugar
4 tblspns. tomato paste
1 cup claret
1½ cups stock or water
1 lb. spaghetti

SLICE ..... mushrooms, finely chop onion and garlic.
CUT ..... meat into ½ inch cubes.
HEAT ..... Frypan to 380° with oil.
SAUTE ..... mushrooms for 2 minutes and remove.
FRY ..... onions and garlic until golden.
ADD ..... meat and brown lightly — reduce heat to 260°.
MIX ..... in flour, seasonings and sugar.
ADD ..... tomato paste, claret and stock to make sauce to a creamy consistency.
SIMMER ..... with lid on for ½ hour.
STIR ..... in mushrooms (use less stock if tinned mushrooms are used).
HEAT ..... through and pour over spaghetti which has been cooked in boiling salted water in your Deep-Fry Cooker.

TO MARINATE STEAK

Place steak into a shallow container with the marinating liquid to be used. Cover the container with lid or foil, stand in the refrigerator and always allow a minimum of two hours marinating—longer if convenient. Use any of the following: ½ cup red wine and 1 sliced onion or a clove of garlic.

2 tablespoons oil, 1 tablespoon soy sauce —garlic or onion may be added.

2 tablespoons sherry, 1 tablespoon tomato sauce, 1 teaspoon worcestershire sauce. 2 tablespoons oil, 1 teaspoon fine chopped or powdered herbs or any combination to suit your family's taste—use white wines with lamb, veal and fish.

GRAVY BEEF CASSEROLE

DEEP-FRY COOKER

2 lb. gravy beef
2 oz. butter or margarine
4 oz. mushrooms, sliced
4 medium onions, chopped
1½ cups beef stock
4 medium carrots, sliced
4 medium zucchini, sliced
1 tblspn. gravy powder
water
salt and pepper

TRIM ..... meat and cut into 1 inch cubes.
MELT ..... shortening at 300° and saute the mushrooms.
DRAIN ..... and set aside.
ADD ..... meat and onions and brown evenly.
REDUCE ... temperature to 220° and pour the stock over, place lid on with vent closed and cook for 1½ hours.
ADD ..... carrots and zucchini and cook for a further 30 minutes or until meat and vegetables are tender.
RE-SET ..... temperature at 260°.
BLEND ..... gravy powder with a little water and stir through the meat mixture.
ALLOW ... to boil and cook, stirring constantly, for 2 minutes.
SEASON ..... with salt and pepper.
SERVE ..... with boiled new potatoes and buttered green peas.

BEEF VEGETABLE LOAF

FRYPAN

1½ lb. mince steak
1 cup cooked rice
1 small onion, chopped finely
1 medium carrot, grated
1 tblspn. chopped parsley
1 small egg, beaten
1 tspn. salt
⅛ tspn. pepper
½ cup evaporated milk
seasoned flour
2 tblspns. oil
1 pkt. tomato soup

PLACE ..... the first 9 ingredients into a bowl and mix thoroughly.
TURN ..... on to a board or dampened greaseproof paper and shape into a loaf approx. 9 inches long.
ROLL ..... loaf in seasoned flour, score the top diagonally.
HEAT ..... Frypan to 340° and brown the loaf on all sides.
REDUCE ..... temperature to 300°, add vegetables for baking and bake with lid on for 1¼ hours.
VEGETABLES may be turned during cooking time.
PLACE ..... the loaf and vegetables on to a platter and keep hot.
MAKE ..... up the tomato soup according to directions on the packet using only 1 pint of water.
POUR ..... soup over the loaf just before serving.
SERVE ..... sliced with baked vegetables and greens in season
OR ..... cold with salad vegetables.

SUKIYAKI

½ cup carrot straws
½ cup parsnip straws
1 stick celery
½ cup sliced French beans
½ cup chopped shallot
3 spinach leaves
1 lb. rump steak
1 tblspn. oil
1 tblspn. cornflour
1 x 8 oz. tin sliced mushrooms (or ¼ lb. fresh chopped)
1½ cups stock (water and gravy thickener may be used)
2 tspns. soy sauce (or to taste)
salt and pepper

PREPARE ..... vegetables and cut steak thinly into 1 x 3 strips.
HEAT ..... oil or shortening to 360°.
ADD ..... meat and fry until browned.
ADD ..... carrots, parsnips, celery, beans, shallots.
COOK ..... at Simmer for 5 minutes stirring gently.
ADD ..... spinach, mushrooms and 1 cup stock.
SIMMER ..... until vegetables are tender. DO NOT OVERCOOK.
BLEND ..... cornflour with remaining stock, soy sauce and seasonings.
STIR ..... into meat and cook for a few minutes.

STEAK AND KIDNEY WITH PARSLEY DUMPLINGS

2 lb. blade steak
2 sheep's kidneys or 1 ox kidney
1 tblspn. flour
1 tspn. salt
½ tspn. pepper

DEEP-FRY COOKER

1 tblspn. oil
1 cup water
2 tblspns. tomato sauce
1 tblspn. worcestershire sauce

REMOVE ..... gristle from the meat and cut into 1 inch cubes.
REMOVE ..... skin and core from kidneys and cut into small pieces.
TOSS ..... in the flour, salt and pepper.
HEAT ..... oil at 300°.
ADD ..... meat and brown well.
REDUCE ..... temperature to 220°.
POUR ..... water, tomato sauce and worcestershire sauce over meat and cook for 1½ hours or until meat is tender.
REMOVE ... lid from Deep-Fry Cooker and increase temperature to 220°. Spoon in the dumplings and cook for 20 to 25 minutes.
SPRINKLE ... with finely chopped parsley.
SERVE ..... hot with baby carrots and sliced green beans.

Dumplings

1½ cups self-raising flour
1 oz. butter or margarine (melted)
1 tspn. salt
½ tspn. mixed herbs
⅛ tspn. pepper
2 tspns. chopped parsley
cold water

SIFT ..... flour into small Mixmaster bowl.
ADD ..... melted shortening, seasonings and parsley and blend on Speed 1.
ADD ..... sufficient cold water to make a soft dough.
PLACE ..... spoonfuls of mixture into the hot steak and kidney.

APRICOT STUFFED LAMB

DEEP-FRY COOKER OR FRYPAN

Serves 4

4 oz. dried apricots
1 small onion
½ lb. pork sausage meat
½ cup soft breadcrumbs
1 tblspn. chopped parsley
salt and pepper
1 boned breast of lamb

SOAK ..... apricots overnight, drain and chop on fine plate of Sunbeam Mincer.

CHOP ..... onion, mix with apricots, sausage meat, breadcrumbs, parsley, salt and pepper.

SPREAD ..... onto lamb.

ROLL ..... up and secure with skewers or string.

HEAT ..... Sunbeam to 380° with about 2 tablespoons oil.

PLACE ..... lamb roll in and brown and seal on all sides.

REDUCE ..... heat to 260°-300° and cook allowing 35 minutes to the pound.

SERVE ..... with baked potatoes, green vegetables and gravy.

LAMB ROSEMARY

DEEP-FRY COOKER

1 tblspn. oil
6 chump chops
½ cup chopped capsicum
2 small onions, sliced
1 tspn. salt
¼ tspn. pepper
1 tspn. fresh rosemary, chopped finely
1½ cups tomato juice

HEAT ..... oil at 320°. Brown the chops well on both sides. Drain.

ADD ..... capsicum and onion and saute until tender, but do not brown.

REDUCE ..... temperature to 220° and place the chops on top of the vegetables.

SPRINKLE ..... with salt, pepper and rosemary.

POUR ..... the tomato juice over.

PLACE ..... lid on, vent closed and cook for 45 minutes or until meat is tender.

ADJUST ..... seasoning if necessary.

COUNTRY CASSEROLE

DEEP-FRY COOKER

2 lb. scrag end neck chops
2 tblspns. oil
2 onions, sliced
2 tblspns. flour
1 tspn. salt
¼ tspn. pepper
2 cups light beef stock
8 small carrots
1 small turnip, quartered and sliced
8 small potatoes
1 cup fresh or frozen peas

TRIM ..... and wipe chops with a damp cloth.

HEAT ..... oil at 340°, add chops and brown on both sides—set aside.

ADD ..... onions and saute until golden brown.

STIR ..... in flour and seasonings and cook for 1 minute.

REDUCE ..... temperature to SIMMER and stir in the stock.

REPLACE ..... chops into gravy and simmer gently for 1½ hours.

ADD ..... carrots and turnip and cook for further 30 minutes.

ADD ..... potatoes and peas and cook until tender.

BENGAL CURRY

DEEP-FRY COOKER

¼ cup desiccated coconut
½ cup evaporated milk
6 forequarter lamb chops
2 finely chopped onions
1½ tblspns. curry powder
1 tblspn. washed crystallised ginger, chopped
1 tspn. sugar
1 tspn. salt
pepper
pinch ground cloves
2 cups milk
1 tblspn. lemon juice

SOAK ..... coconut in the evaporated milk and set aside — this makes a coconut cream.

WIPE ..... chops and brown well at 340°. Drain.

ADD ..... onion and saute for 2 minutes, then add curry powder and cook for a further minute.

REDUCE ..... temperature to 220°.

ADD ..... chops, ginger, sugar, salt, pepper, cloves and milk.

COVER ..... with lid, vent closed and cook for 45 minutes or until chops are tender.

LAMB HOT POT

DEEP-FRY COOKER

1½ lb. neck of mutton chops
½ cup rolled oats
salt and pepper
½ oz. butter or margarine
extra ½ cup rolled oats
2 tblspns. oil
2¼ cups stock
2 carrots, peeled and sliced
1 parsnip, peeled and sliced
2 sticks celery, sliced

WIPE ..... chops and coat with rolled oats, salt and pepper.

PLACE ..... ½ oz. shortening into the Deep-Fry Cooker, set at 340° and allow to melt.

ADD ..... the extra oats and stir constantly until brown. Set aside.

HEAT ..... oil at 340°, add the coated chops and brown well on both sides.

REDUCE ..... temperature to SIMMER and pour over the stock.

SIMMER ..... gently for 1½ hours with lid on and vent closed.

ADD ..... prepared vegetables, cook for a further 1 hour or until meat and vegetables are tender.

SPRINKLE ... over the browned oats and serve piping hot.

LAMB A LA OSCAR

FRYPAN

1 loin lamb—6 to 8 chops
1 oz. soft butter.
1 x 16 oz. can asparagus spears
2 large potatoes, peeled and cut into ¼" slices
salt
pepper
2 tblspns. shortening

ASK ..... butcher to cut through the loin bone.

GREASE ... a piece of foil with the soft butter.

UNROLL ..... loin and place a few asparagus spears and potato slices into centre.

SPRINKLE with salt and pepper.

RE-ROLL ..... loin and secure with twine or skewers.

HEAT ..... shortening at 340° and brown meat well.

PLACE ..... on to the prepared foil, arrange the remainder of the asparagus and potato over the loin.

PLACE ..... into Frypan set at 300° and bake with the lid on, vent closed, for 1¼ hours or until meat is tender.

UNFOLD ..... foil for last 20 minutes of cooking.

SERVE ..... with baked pumpkin and onions.

MOCK DUCK

(Shoulder of Lamb)

DEEP-FRY COOKER OR FRYPAN

1 boned shoulder lamb
1 tblspn. curry powder
1 tspn. salt
2 tblspns. oil
1 large onion, chopped
1 stick celery, sliced
1 carrot, sliced
1 clove garlic, crushed
1 cup tomatoes, peeled and chopped
2 tblspns. tomato sauce

OPEN ..... out shoulder of lamb and trim off any excess fat.

SPRINKLE .. with half the combined curry powder and salt.

ROLL ..... and secure with twine or skewers.

SCORE ..... the outside and rub in the remainder of the curry powder and salt.

HEAT ..... oil at 300° and brown the shoulder on all sides. Remove, and set aside.

ADD ..... the onion, celery and carrots and cook quickly for 2 minutes. Reduce temperature to 220°.

PLACE ..... the shoulder on to the vegetables and pour over the combined garlic, tomatoes and tomato sauce and cook with lid on, vent closed, for 1½ to 2 hours.

BEFORE ..... serving adjust seasoning.

SERVE ..... with crisp baked vegetables and greens.

N.B.: Chutney, cucumber, nuts or dried fruits may be served as side accompaniments.

GRECIAN LAMB SHANKS

DEEP-FRY COOKER OR FRYPAN

4 to 6 lamb shanks
seasoned flour
2 tblspns. oil
1 large onion, sliced
1 x 16 oz. can tomato soup
1½ cups water
1 tspn. salt
1 tspn. prepared mustard
1 tblspn. brown sugar
1 tblspn. worcestershire sauce
¼ cup vinegar

WIPE ..... shanks with a damp cloth and roll in seasoned flour.

HEAT ..... oil in Frypan or Deep-Fry Cooker at 300° and brown the shanks. Lift out.

ADD ..... the onion and saute quickly.

PLACE ..... shanks on to the onion and pour over the combined soup, water, salt, mustard, brown sugar, worcestershire sauce and vinegar.

REDUCE ..... temperature to SIMMER for 2 hours or until meat is tender. Vegetables may be steamed in the Vegetable Basket over the meat during the last hour of cooking.

LAMB AND MUSHROOM CASSEROLE

FRYPAN

½ lb. lamb (shoulder or neck) chops
1 tblspn. bacon fat or oil
¼ cup stock
2 teaspns. chopped onion
1 tblspn. flour
¼ cup sliced mushrooms
¼ cup sliced tomatoes
salt and pepper

REMOVE ..... meat from bones and cut into serving size pieces or leave chops whole.
HEAT ..... oil to 360°.
ADD ..... meat and brown well.
REMOVE ..... from Frypan.
FRY ..... onions until golden brown.
REDUCE ..... heat to 260°.
ADD ..... flour and make a gravy with stock.
ADD ..... meat, onions, mushrooms, tomatoes and seasoning to taste.
COVER ..... with lid and simmer until tender, about 1½ hours (2½ for mutton).

STOCKHOLM LAMB

3 lb. leg lamb
2 tspns. salt
1 tspn. dry mustard
1 clove garlic crushed
1 tblspn. oil
1 cup strong black coffee
1 tspn. sugar
¼ cup brandy

WIPE ..... meat with a damp cloth and rub the outside well with the combined salt, mustard and garlic.
HEAT ..... oil in the Frypan at 360° and brown the meat all over.
REDUCE ..... temperature to 220° and pour over the coffee, sugar and brandy. Cover with the lid, vent closed and cook for 2 hours.

CRUMBED CUTLETS OR CHOPS

DEEP-FRY COOKER

lamb cutlets or chops, cut ½ inch thick
flour, salt, pepper
celery or onion salt
1 egg
¼ cup milk
fine, dry bread or biscuit crumbs

DIP ..... cutlets or chops in flour combined with seasonings, coating on both sides.
BEAT ..... egg slightly, stir in milk.
DIP ..... cutlets into egg mixture, then into crumbs, shaking off excess. Press with a flat knife.
FRY ..... in preheated shortening until browned and tender.
DRAIN ..... on absorbent paper.
SERVE ..... with tomato or mushroom sauce.

BAKED SPRING LAMB ROLL

FRYPAN

2 lb. piece of loin of lamb (boned)
2 cups soft breadcrumbs
1 tblspn. chopped mint
1 tblspn. chopped onion
2 tblspns. chopped parsley
Frying oil
1 tblspn. butter
1 egg
sauterne
egg glaze and breadcrumbs

PREPARE ..... breadcrumbs.
CHOP ..... mint, parsley and onion.
PREHEAT ..... Frypan to 340° and cook onion until tender in butter.
ADD ..... to breadcrumbs with parsley, mint and salt and pepper to taste.
BIND ..... together with egg and 2 tablespoons sauterne to moisten.
SPREAD ..... onto meat and roll up. Secure with skewer or string.
DIP ..... roll in flour—egg glaze and breadcrumbs.
REHEAT ..... Frypan to 380° with 2 tablespoons oil.
PLACE ..... roll into Frypan and brown and seal on all sides.
REDUCE ..... heat to 300° and continue cooking approx. 1½ hours.
BAKE ..... small potatoes and onions and serve with green vegetables and gravy.

CAPE MALAY CURRY

DEEP-FRY COOKER

2 sliced onions
1 clove garlic
2 lb. diced mutton or lamb
3 green chillies
1 tspn. tumeric
1 tspn. coriander
1 pint stock (use stock cubes)
½ lb. dried apricots (soaked)
curry powder to taste
6 cloves
1 tspn. crushed green ginger
1 green pepper (chopped)
1 stick cinnamon 2-3 inches long OR ½ tspn. cinnamon powder
1 x 14 oz. tomato puree
2 tspns. vinegar
2 tblspns. chutney
1 cup sour cream or yoghurt
2 tblspns. apricot jam
½ tspn. Monosodium Glutamate
1 tspn. sugar

HEAT ..... Deep-Fry Cooker with oil.
FRY ..... onions and garlic at 260° until soft.
ADD ..... all other ingredients except jam, chutney and yoghurt.
SIMMER ..... until tender.
ADD ..... jam, chutney and yoghurt.

Serve with accompaniments or side dishes.

Ways with **Veal**

ITALIAN VEAL ROLLETTES

DEEP-FRY COOKER AND FRYPAN

6 Rollettes

1½ lb. very thin veal fillets
½ pkt. processed cheese
anchovy fillets
seasoned flour
¼ cup oil
½ cup beef stock
½ tspn. vegetable extract
3 tblspns. white wine
salt and pepper
2 oz. butter
chopped parsley

POUND ..... the veal slices until very thin.
CUT ..... if necessary into 4 inch squares.
PLACE ..... a piece of cheese and an anchovy fillet onto each piece of veal.
FORM ..... into rolls and secure with tooth picks.
ROLL ..... in seasoned flour.
HEAT ..... oil in Sunbeam to 380°.
ADD ..... rolls and saute until brown.
REDUCE ..... heat to 260°, add half of the stock and fit lid.
SIMMER ..... for 10 minutes and remove rolls.
ADD ..... remaining stock, vegetable extract and wine. Season to taste.
BRING ..... to the boil and simmer for a few minutes.
PLACE ..... rollettes onto cooked noodles.
STIR ..... butter and parsley into sauce and pour over.
SERVE ..... with steamed peas which have been cooked in Deep-Fry Cooker with noodles.

VEAL MARENGO

DEEP-FRY COOKER

½ lb. mushrooms
2 oz. shortening
2 tblspns. oil
1½ lbs. veal steak or stewing veal, cubed
½ cup seasoned flour
12 small white onions
1 clove garlic, crushed
2 chicken cubes dissolved in 1½ cups boiling water
¼ pint white wine
1 tblspn. tomato paste
1 cup peeled chopped tomatoes
1 tspn. sugar
salt and pepper

WASH ..... peel and halve the mushrooms.
HEAT ..... half the shortening and oil in the Deep-Fry Cooker, control set at 300° and saute the mushrooms.
REMOVE ..... mushrooms and drain well.
ADD ..... the remainder of the shortening and oil.
TOSS ..... the veal in the seasoned flour and brown in the hot oil.
ADD ..... the onions and garlic and saute for 2 minutes.
CAREFULLY remove the onions.
COMBINE ..... the remainder of the ingredients and pour over the veal, stirring well.
REDUCE ..... temperature to 220°, place the lid on, vent closed and cook for 30 minutes.
ADD ..... the sauted onions and cook for a further 30 minutes or until the meat is tender.
ADJUST ..... seasoning, add mushrooms and heat through.
SERVE ..... with boiled noodles or rice and greens.
CHOPPED parsley may be sprinkled over veal before serving.

PEPPERED VEAL

DEEP-FRY COOKER

Serves 4

2 lb. stewing veal
½ cup seasoned flour
3 oz. butter or margarine
1 onion, sliced
4 oz. mushrooms, sliced
3 tspns. paprika
salt and pepper
1½ cups chicken stock
¼ cup sherry
1 cup sour cream

CUT ..... the veal into 1 inch cubes after removing fat.
TOSS ..... in the seasoned flour.
MELT ..... 2 oz. shortening in the Deep-Fry Cooker set at 300° and brown the veal.
REMOVE ... Melt the remaining shortening and quickly saute the onion and mushrooms.
REDUCE ..... temperature to 220° and add the paprika and salt and pepper.
RETURN ..... the meat to the Deep-Fry Cooker. Pour over the stock and sherry, fit lid, vent closed, and cook for 1½ hours or until meat is tender.
STIR ..... in the sour cream and adjust seasoning.
SERVE ..... over hot boiled noodles which have been tossed in butter and chopped parsley.

VEAL MOZZARELLA

FRYPAN

4 to 6 veal chops
2 tblspns. oil
4 to 6 slices Mozzarella cheese

WIPE ..... the chops with a damp cloth, curl tail and secure with a skewer or cocktail stick.

HEAT ..... the oil in the Frypan, control set at 300° and cook chops, turning occasionally, for 20 minutes.

PLACE ..... a slice of cheese on each chop and cook for approximately 3 minutes or until cheese just melts.

MOVE ..... to one side of the Frypan, set pan grill lever and make the sauce.

Sauce

1 small onion
1 small clove garlic, crushed
1 x 15 oz. can tomato puree
¼ teaspoon oregano
½ tspn. sugar
salt and pepper

BLEND ..... all ingredients together in the 8-Speed Power Blender.

POUR ..... ingredients into the Frypan, control set at 220° and cook for 10 minutes. Spoon sauce over the chops. Serve with creamed potatoes, butter zucchini and whole kernel corn.

WIENER SCHNITZEL

FRYPAN

4 to 6 thin veal steaks
salt
freshly ground black pepper
lemon juice
seasoned flour
1 beaten egg
¼ cup milk
fine, soft, white breadcrumbs
2 oz. butter or margarine
1 tblspn. oil
lemon slices and capers

POUND ..... the veal steaks well with a rolling pin or meat mallet.

SPRINKLE ..... with salt, pepper and lemon juice and allow to stand for 30 minutes in the refrigerator.

COAT ..... each piece of steak with seasoned flour before dipping into the combined egg and milk. Press breadcrumbs firmly onto each piece of steak.

HEAT ..... the shortening and oil in the Frypan, control set at 340°.

ADD ..... the crumbed veal and brown on both sides.

PLACE ..... the lid onto the Frypan—vent closed and cook for 15 to 20 minutes, turning twice during this time.

SERVE ..... with creamed potatoes, peas, whole kernel corn and carrots.

GARNISH ..... with lemon slices and capers.

SPANISH VEAL

FRYPAN

8 to 10 veal cutlets
seasoned flour
oil
1½ lb. ripe tomatoes
2 large capsicums
4 cloves garlic
salt and pepper

PREHEAT ..... Frypan to 360° with oil.

COAT ..... cutlets with seasoned flour.

PLACE ..... into Frypan and brown on both sides.

REMOVE ..... and set aside.

REDUCE ..... temperature to SIMMER.

COVER ..... bottom of Frypan with thinly sliced tomatoes, sliced capsicum and squeeze garlic juice over.

SEASON ..... to taste.

PLACE ..... browned cutlets into Frypan and cover with another layer of tomatoes, capsicum and garlic juice.

COOK ..... with lid on vent closed, on SIMMER for 1½ to 2 hours.

POTATO CRUST VEAL PIE

FRYPAN—DEEP-FRY COOKER

FILLING

2 veal shanks
1 tspn. salt
1 small onion
½ stick celery
1 carrot
2 cups water
juice of 1 lemon
rind of ½ lemon
3 rashers bacon
3 hard cooked eggs

POTATO PASTRY

4 ozs. shortening
1½ cups plain flour
¾ cup potato flakes
1 scant cup water
egg glaze

PLACE ..... veal, salt, sliced onion, celery and carrot into Sunbeam with 2 cups water.

BRING ..... to the boil, cover and simmer until meat is tender.

STRAIN ..... stock, add lemon juice and rind.

REMOVE ..... vegetables. Cut meat from bones into pieces.

CHOP ..... bacon and saute until brown.

SLICE ..... hard cooked eggs.

HEAT ..... one cup of water, stir in potato flakes and allow to cool.

BEAT ..... shortening until soft, add flour and beat until crumbled.

ADD ..... potato and a little water to mix to a firm dough, knead until smooth.

ROLL ..... out two-thirds of pastry and line a 9" pie plate.

FILL ..... with layers of meat, bacon and sliced egg.

ROLL ..... out remaining pastry, and cover top.

BRUSH ..... with egg glaze. Bake in hot oven for 10 minutes.

REDUCE ..... heat and bake a further 25-30 minutes.

Ways with Pork

INDONESIAN PORK SATAY

FRYPAN

1½ lb. leg or fillet pork
½ tspn. salt
¼ tspn. pepper
½ tspn. ground coriander
½ cup thinly sliced onion
1 tspn. brown sugar
2 tblspns. soy sauce
pinch each of gourmet salt and ground ginger
¼ cup lemon juice
3 tblspns. oil

CUT ..... pork into 1 inch cubes and place into a bowl.
COMBINE .. the next eight ingredients and pour over the pork.
ALLOW..... to marinate for 2 hours or longer.
ARRANGE ... the pieces of pork on metal skewers leaving ¼ inch between each cube.
HEAT ..... the oil in the Sunbeam Frypan, control set at 340° and brown meat on all sides.
PLACE ..... the lid in position with the vent closed.
STRAIN ..... the marinade and brush over pork pieces each time they are turned during the 25 to 30 minutes cooking time.
REMOVE ... meat from Frypan. Reduce control setting to 220°.
DRAIN ..... off excess fat, replace meat and pour over the remainder of the marinade and cook for a further 5 minutes.
GARNISH .... with tomato wedges and cucumber slices.
SERVE ..... on a bed of boiled rice to which a little saffron or tumeric has been added during the cooking.

HAWAIIAN PORK CHOPS

FRYPAN

4 to 6 pork chops
1 small pineapple
¼ cup sherry
1 tblspn. honey
2 tspns. malt vinegar
1 tspn. tomato sauce
½" piece green ginger, bruised
salt and pepper
1 tblspn. oil
boiled rice
peach halves

TRIM ..... the excess fat from the chops and wipe well to remove any bone fragments.
PLACE ..... into a shallow dish.
PEEL ..... pineapple, cut off 4 to 6 half inch slices and puree the remainder in the Sunbeam Power Blender.
COMBINE .... half a cup of pineapple puree with the next six ingredients and pour over the chops.
ALLOW ..... to marinate for 2 or more hours.
DRAIN ..... chops and pat dry.
HEAT ..... oil in the Frypan, temperature set at 340°.
BROWN ..... chops on both sides. Reduce temperature to 220°, place lid on with vent closed and cook, turning occasionally, for 15 to 20 minutes.
REMOVE .... chops and drain off excess fat.
ADD ..... pineapple slices and quickly fry on both sides.
PLACE ..... a slice on each chop.
STRAIN ..... the marinade mixture, add the liquid to the Frypan, control set at 220° and boil for 2 minutes.
PLACE ..... chops and pineapple onto a bed of boiled rice to which chopped shallots and whole kernel corn have been added.
SPOON ..... sauce over chops and pineapple and garnish with drained peach halves in lettuce cups.

ORIENTAL SPARE RIBS

FRYPAN

2 lb. pork spare ribs
lemon slices
fluffy boiled rice

Marmalade Sauce

1 tblspn. soy sauce
1 cup grapefruit marmalade
¾ cup water
1 clove garlic, crushed
3 tspns. finely chopped root ginger or ½ tspn. ground ginger
pepper

HEAT ..... the Frypan, control set at 340° with a little oil.
ADD ..... spare ribs and cook with the lid on and vent closed for 35 minutes.
TURN ..... spare ribs during cooking time to allow the crackling to become crisp.
REDUCE ..... temperature to 220°.
POUR ..... the Marmalade sauce over and cook for a further 15 minutes.

Marmalade Sauce

COMBINE .... all ingredients together and blend well in Sunbeam Power Blender.
SERVE ..... spare ribs on a bed of fluffy rice, pour the sauce over and garnish with lemon slices.

PORK CHOPS SPANISH STYLE

DEEP-FRY COOKER

6 pork chops
seasoned flour
2 tblspns. oil
1 onion, chopped
½ green capsicum, chopped
3 tomatoes, peeled
½ tspn. paprika
1 tspn. worcestershire sauce
2 tspns. vinegar
¼ pint light stock
salt and pepper

TRIM ..... the chops and coat with the seasoned flour.
HEAT ..... the oil in the Deep-Fry Cooker, temperature set at 340° and brown chops on both sides.
REMOVE ..... and drain off all but 1 tablespoon shortening.
ADD ..... the onion and capsicum and saute for 2 minutes.
REDUCE ..... temperature to 220° and replace chops.
COMBINE ..... the tomatoes, paprika, sauce, vinegar, stock, salt and pepper in Power Blender and make into a puree.
POUR ..... over the chops.
PLACE ..... the lid on with vent closed and cook for one hour, or until meat is tender.
SERVE ..... on a heated platter with boiled new potatoes and greens.

ROAST PORK

FRYPAN

1 leg or loin of pork
salt
2 tblspns. oil
¼ cup pineapple juice
2 tspns. honey
1 tblspn. lard or soft butter

RUB ..... the crackling of the pork well with salt.
SCORE ..... with a sharp knife.
HEAT ..... the oil in the Frypan, control set at 340° and sear the meat on all sides.
REDUCE ..... temperature to 260°.
BRUSH ..... the crackling with a little of the combined pineapple juice, honey and shortening.
PLACE ..... the lid on vent closed and cook until meat is tender. (Allow 35 to 40 minutes per pound).
CONTINUE ..... brushing pork with the pineapple juice, honey and shortening during cooking.
TO ..... crispen the pork crackling, turn the control to 340° for the last 5 to 10 minutes and base with liquid in the Frypan.
SERVE ..... hot accompanied with baked vegetables, green peas or beans, apple sauce and rich brown gravy.
OR ..... Serve cold with crisp salad vegetables.

HUNGARIAN GOULASH

DEEP-FRY COOKER

2 oz. shortening
2 cups finely diced onion
1 tblspn. paprika
1 tspn. salt
¼ tspn. black pepper
1½ lb. leg or shoulder pork cut in ½" strips
1 tblspn. flour
water
1 x 15 oz. can sauerkraut
½ pint sour cream

MELT ..... shortening in Deep-Fry Cooker, temperature set at 300°.
ADD ..... onions and saute for 2 minutes or until they become transparent.
REDUCE ..... temperature to 220°.
SPRINKLE ..... in the paprika, salt and pepper and cook for 5 minutes.
ADD ..... the pork, place lid on with vent closed and cook for 30 minutes.
BLEND ..... the flour to a smooth paste with a little cold water and stir quickly through the pork.
ADD ..... the sauerkraut, replace lid, vent closed, and cook for a further 30 to 35 minutes or until meat is tender.
FOLD ..... through the sour cream, adjust seasoning and allow to heat through.

BRAISED PORK WITH FRUITY SAUCE

FRYPAN

Serves 4

1½ lb. pork flap
3 cups fine breadcrumbs
salt and pepper
½ tspn. mixed herbs
2 tspns. minced parsley
⅓ cup chopped onion
2 tblspns. bacon fat or margarine

Sauce

3 tblspns. raisins
½ cup chopped onion
1½ cups apple or pineapple juice
1 tspn. cinnamon
2 tblspn. cornflour
2 tblspns. water
green tomatoes

HAVE ..... butcher cut two pieces pork flap the same size—score the rind.
MIX ..... the breadcrumbs, salt and pepper, herbs, parsley and onion together.
RUB ..... in bacon fat and spread over inside of one piece of pork.
COVER ..... with remaining meat — rind upwards.
TIE ..... and secure with skewers.
HEAT ..... Sunbeam at 380° and brown pork both sides.
REDUCE ..... heat to 220°.
ADD ..... raisins, onions, juice and cinnamon.
COOK ..... gently until tender, thicken with cornflour and water before serving.
GARNISH ..... with grilled green tomatoes.
SERVE ..... with creamed potatoes, sauerkraut or cabbage.

When cooking chicken, consider the age and size. Any small tender chicken can be cut into serving-size pieces and deep fried. Older, heavier birds may be partly steam cooked then fried, or alternately fried to a good even brown crust then baked.

ROAST DUCKLING A L'ORANGE

FRYPAN
Serves 6 to 8

Stuffing

¼ cup rice
¼ cup fine chopped dried apricots
1 tblspn. butter
2 tspns. onion
2 tspns. celery
salt and pepper
¼ tspn. gourmet salt
⅛ tspn. each thyme, nutmeg, cloves
1 tblspn. parsley

1 duckling about 4 lb.
½ cup orange juice
1 tblspn. butter
3 tblspns. flour
stock
⅓ cup marmalade jam
orange slices

BOIL ..... rice in salted water, drain and mix with dried apricots.
PREHEAT ..... Frypan to 340° with 1 tablespoon butter.
FINELY ..... chop onion and celery and saute until tender.
ADD ..... rice and seasonings—saute 2 minutes.
REMOVE ..... from Frypan, mix in chopped parsley.
PREPARE ..... duckling, rub inside with a little salt.
HEAT ..... orange juice and remaining butter and brush inside of cavity.
FILL ..... with stuffing and secure with skewers or thread.
HEAT ..... Frypan to 340° with 1 tablespoon oil and turn duckling onto all sides to brown, brushing frequently with orange juice mixture.
REDUCE ..... heat to 260° and cook until tender—about 2 hours.
REMOVE ..... duck and keep hot.
POUR ..... off juices, add flour, salt and pepper with sufficient drippings to blend.
BROWN ..... then add 2 cups of liquid—use remaining orange juice, pan gravy stock and drippings.
STIR ..... until thick—add marmalade.
GARNISH ..... duckling with sliced orange which has been grilled in the buttered Frypan.
SERVE ..... with the sauce and steamed or baked vegetables.

TO STEAM CHICKEN

DEEP-FRY COOKER AND RICE AND VEGETABLE COOKER BASKET

1 boiling fowl
1 onion (optional)
1 cup water
salt to taste
ground savoury or herbs (optional)

PREPARE ..... fowl and cut into serving pieces if desired.
PLACE ..... Rice and Vegetable Cooker Basket into Deep-Fry Cooker.
ADD ..... onion, water, salt, pepper and seasonings.
PLACE ..... whole or dissected chicken into basket — remember to put the dark flesh portions, drumsticks and carcass, in first, breast on top.
FIT ..... lid and set control to SIMMER.
COOK ..... until tender — time will depend on the age of the bird.
FIT ..... handle to remove basket and lift cooked poultry.
USE ..... stock for sauce, soup or flavouring in a casserole, etc.

SEASONED ROAST CHICKEN

FRYPAN

1 chicken about 3 lb.
½ loaf stale bread
1 Granny Smith apple
1 small onion
3 tblspns. raisins
1 tspn. mixed herbs
salt and pepper
1 egg
½ cup sherry

PREPARE ..... breadcrumbs.
MINCE ..... apple, onion and raisins.
ADD ..... to breadcrumbs with seasonings.
MIX ..... with beaten egg and sherry.
STUFF ..... chicken. Place into Frypan with small amount of shortening.
SET ..... control at 380°. Brown evenly on all sides.
REDUCE ..... heat to 220°-260°.
ALLOW ..... half an hour per lb. of chicken.
PLACE ..... vegetables in about 1 hour before serving.

CHICKEN AND ALMONDS

DEEP-FRY COOKER OR FRYPAN

Serves 6 to 8

3 tblspns. split almonds
2 oz. butter or margarine
2 large white onions
2 tblspns. diced celery
2 tblspns. diced capsicum
1 tblspn. finely chopped green ginger OR 2 tspns. chopped ginger in syrup
2 tblspns. cornflour
4 cups water or stock
2 tblspns. soy sauce
1 lb. cooked chicken meat
salt and pepper
dry sherry
1 tspn. gourmet salt
boiled rice

BLANCH ..... almonds and split in halves.
MELT ..... butter in Sunbeam and heat to 260°.
BROWN ..... almonds in butter and remove.
PLACE ..... prepared vegetables and ginger into Sunbeam at 340°.
COOK ..... until almost tender—do not brown or overcook.
REDUCE ..... temperature to 260°.
ADD ..... blended cornflour and water or stock.
STIR ..... until thick—add soy sauce (vary to taste).
CHOP ..... boned chicken and add to sauce.
SEASON ..... with salt and pepper—cook for 3 minutes.
ADD ..... almonds, sherry and gourmet salt.
SERVE ..... over fluffy boiled rice.

CHICKEN MARYLAND

FRYPAN

Serves 4

2 to 3 lb. frying chicken
flour
1 egg
¼ cup milk
dry breadcrumbs
½ cup shortening
1 tspn. salt
pepper
mixed herbs
large onion
½ cup hot water
1½ cups milk
2 tblspns. dry sherry
chopped parsley

PREPARE ..... chicken in serving size pieces.
DIP ..... into flour then into beaten egg and milk and toss in breadcrumbs.
MELT ..... shortening in Sunbeam at 340°.
BROWN ..... chicken pieces on all sides. Don't overcrowd. When browned place all chicken pieces into Sunbeam.
SPRINKLE ..... with salt, pepper, herbs and thinly sliced onion.
ADD ..... water, fit lid, reduce heat to 220°.
SIMMER ..... until chicken is very tender and place pieces on serving dish.
ADD ..... 2 tablespoons of flour to Frypan and stir until nicely browned.
ADD ..... milk gradually, stir till thick.
SEASON ..... to taste and allow to cook for a few minutes.
ADD ..... sherry and pour over chicken.
SPRINKLE ..... with parsley.

SOUTHERN FRIED CHICKEN

DEEP-FRY COOKER

1½ lb. chicken legs
½ cup seasoned flour
1 egg beaten with 2 tblspns. water
1 cup dried bread-crumbs
pineapple rings, well drained
1 can whole kernel corn, well drained
¾ cup thick white sauce

HEAT ..... oil in the Deep-Fry Cooker, set at 340°.
DRY ..... chicken legs well before tossing in the seasoned flour.
DIP ..... each chicken leg separately in the egg and water mixture before coating with breadcrumbs.
PLACE ..... a few chicken legs into the Deep-Fry Cooker basket, carefully lower into the oil and cook for 20 minutes, turning occasionally with tongs. Drain well and keep hot.
REPEAT ..... the cooking process until all chicken legs are cooked.
COAT ..... the pineapple rings in the seasoned flour, egg and water and breadcrumbs and fry for 7 minutes or until golden brown.
COMBINE ..... the whole kernel corn and white sauce and form into balls as they are coated with seasoned flour, egg and breadcrumbs. Fry as for pineapple.
SERVE ..... chicken legs, pineapple rings, corn fritters hot with French fries.
GARNISH ..... with tomato wedges and parsley.

CHICKEN CACH CI TORA

FRYPAN

1 chicken
¼ cup seasoned flour
2 tblspns. oil
1 tblspn. butter
2 onions, sliced
¼ lb. mushrooms, sliced
1 clove garlic, crushed
3 tomatoes, skinned and chopped
1 tblspn. tomato paste
salt and pepper
½ tspn. paprika
½ cup chicken stock
½ cup burgundy

CUT ..... chicken into serving size pieces and lightly toss in the seasoned flour.
HEAT ..... the oil and butter at 300°.
ADD ..... chicken pieces and brown.
REMOVE ..... then fry the onions, mushrooms and garlic until soft.
REDUCE ..... temperature to 200° and return the chicken pieces, with the tomatoes, tomato paste, salt, pepper, paprika, stock and wine.
COVER ..... with lid, vent closed and cook for approximately 45 minutes or until chicken is tender.
SERVE ..... with spaghetti or buttered noodles.

COQ AU VIN

FRYPAN

3 lb. roasting chicken
1½ cups red wine
1 clove garlic, crushed
pinch marjoram
2 tblspns. flour
salt and pepper
2 oz. butter
½ cup brandy
1 bay leaf
1 sprig parsley
8 small whole white onions, peeled
12 button mushrooms
3 rashers of bacon cut into strips

CUT ... the chicken into serving size pieces and place into a bowl.
POUR ... red wine over. Add garlic and marjoram and allow to stand for at least two hours.
REMOVE ... chicken from marinade, dry thoroughly and toss in flour, salt and pepper.
HEAT ... the butter, control set at 260°, and brown chicken on all sides.
TURN ... Frypan off and allow to cool slightly.
POUR ... brandy over the chicken and ignite.
WHEN ... flames have gone out, add bay leaf, parsley, onions, mushrooms, bacon and marinade.
RESET ... control at 220°, place lid on, vent closed, and cook for 1 to 1¼ hours.
SERVE ... on a bed of savoury rice to which shallots and whole kernel corn have been added.

QUICK CHICKEN SAUTE

FRYPAN

2½ lb. chicken pieces
2 oz. shortening
1 tblspn. oil

Sauce
2 tblspns. chopped shallots
½ cup dry white wine
1¾ cups chicken stock
salt and pepper
1 oz. butter
1 tblspn. chopped parsley

DRY ... chicken pieces thoroughly.
HEAT ... shortening and oil in the Frypan, control set at 260°.
ADD ... chicken pieces, skin side down and cook for 3 minutes.
TURN ... chicken with tongs and brown the other side.
CONTINUE ... turning until chicken is tender, approximately 25 minutes. Remove and keep hot. Reduce control setting to 220° and make the sauce.
POUR ... over the chicken.
SERVE ... with buttered beans, sauted potatoes or boiled rice and grilled tomato halves.
SAUTE ... the shallots quickly in the Frypan drippings.
ADD ... wine and stock and allow to come to the boil.
BOIL ... for 7 minutes or until liquid has reduced to approximately three-quarters.
SEASON ... with salt and pepper.
SWIRL ... in the butter and parsley.

LEMON CHICKEN

DEEP-FRY COOKER OR FRYPAN

Serves 4

3 tblspns. oil
1 chicken about 2 lb.
salt
1 tspn. chopped green ginger
1 clove garlic
2 tblspns. soy sauce
2 tspns. sugar
1 tblspn. sherry
½ tspn. gourmet salt
juice of 2 lemons
1½ cups stock
fried parsley

HEAT ... Sunbeam Frypan or Deep-Fry Cooker to 380° with oil.
WASH ... chicken and rub with salt.
PLACE ... into Sunbeam with green ginger and garlic and brown on all sides—reduce heat to 220°.
MIX ... sauce, sugar, sherry, gourmet salt and lemon juice together and add with the stock.
COVER ... and simmer until tender.
REMOVE ... chicken and cut into segments.
GARNISH ... with fried parsley and lemon wedges.
SERVE ... with steamed vegetables and fried noodles.

TURKEY SAUTE

FRYPAN

3 lbs. turkey pieces
2 ozs. shortening
1 tblspn. oil

SAUCE
2 tblspns. chopped shallots
½ cup dry white wine
1¾ cups stock
salt and pepper
1 oz. butter
1 tblspn. chopped parsley

DRY ... turkey pieces thoroughly.
HEAT ... shortening and oil in the Frypan, control set at 260°.
ADD ... turkey pieces, skin side down and cook for 3 minutes.
TURN ... with tongs and brown the other side.
CONTINUE ... turning until tender. Remove and keep hot.
REDUCE ... control to 220° and make the sauce.
SAUTE ... the shallots quickly in the Frypan drippings.
ADD ... wine and stock and allow to come to the boil.
BOIL ... for 7 minutes or until liquid has reduced to approximately three-quarters.
SEASON ... with salt and pepper.
SWIRL ... in the butter and parsley.
POUR ... over the turkey.
SERVE ... with buttered beans, sauted potatoes or boiled rice and grilled tomato halves.

All the natural flavour of fish and sea food is retained so much better when it is deep fried in a Sunbeam Deep-Fry Cooker, grilled in a Sunbeam Frypan or boiled or poached in either appliance.

TO FRY FISH

1. Select your favourite covering, egg glaze and breadcrumbs, matzo meal or crushed cereal, a batter, or simply dip fish pieces into milk and then into seasoned self-raising flour. Garfish and whiting are delightful cooked without a covering.
2. Heat frying medium and basket in Sunbeam Deep-Fry Cooker or half fill Frypan with oil.
3. Remove basket and place crumb-covered fish into basket and then into heated medium—place directly into the Frypan OR drop battered or flour-covered fish into medium, having basket in position for removing when cooked.
4. If preparing a fish and chip meal, use the blanch and brown method (Page 17) for chips. Partly fry chips, cook fish and then complete the browning of the chips, while the fish is being served. If desired, chips may be left in basket and the fish cooked directly in the cooking well then lifted out with kitchen tongs.

DEEP FRIED FISH

DEEP-FRY COOKER OR FRYPAN

Serves 6

2 lb. fish fillets or steaks
¾ cup flour
1 tspn. salt
¼ tspn. pepper
¼ tspn. celery salt
1 egg
¼ cup milk or water
1 cup fine, dry breadcrumbs or part crumbs and part matzo meal

CUT ..... fish in serving pieces.
DIP ..... fish first in seasoned flour, then in egg beaten with milk and then in crumbs.
FRY ..... in preheated shortening at 380° until golden brown and tender.
DRAIN ..... and place on absorbent paper.
PLACE ..... on heated platter.
SERVE ..... with hot tomato, barbecue, tartare or lemon butter sauce.

GRILLED FISH

FRYPAN

Serves 6 to 8

2 lb. bream fillets
piece cut lemon
butter or oil

PREHEAT Sunbeam to 380°-420°—use the higher temperature for extra crispness.
PREPARE fillets, rub with lemon juice and brush with butter or oil.
PLACE ... fillets into preheated Sunbeam.
COOK ..... for 2 minutes, turn and seal other side.
COOK ..... for 5 minutes then turn again to finish cooking—time will depend on thickness of fillets —reduce heat for extra thick fillets.
SERVE ..... with parsley butter or sweet and sour sauce.

BATTER FRIED FISH

DEEP-FRY COOKER

MAKE ..... standard fritter batter, page 38.
CUT ..... fish into serving pieces, dip into batter.
ALLOW ..... to drain lightly.
FRY ..... in preheated shortening at 380°, about 5 minutes, until browned, turning as necessary to brown on all sides.
DRAIN ..... and serve immediately.

FRENCH FRIED PRAWNS

DEEP-FRY COOKER

Serves 4

2 lb. cooked prawns
lemon juice
salt and pepper
celery salt
flour
2 eggs
½ cup milk or water
fine, dry breadcrumbs

SHELL ..... prawns, cut down entire back surface and lift out black vein.
DIP ..... prawns into lemon juice, sprinkle lightly with salt, pepper and celery salt and roll in flour.
BEAT ..... eggs slightly, stir in milk or water.
DIP ..... prawns in mixture, then in crumbs, remove excess.
FRY ..... in preheated shortening — 340°—until golden brown. Drain and place on absorbent paper.
SERVE ..... with Cocktail Sauce, Chili Sauce, or Tartare Sauce.

BAKED FISH

FRYPAN
Serves 4

1 mullet about 2½ lb.
salt and pepper
1 lemon
3 large tomatoes
3 or 4 sprigs parsley
1 sprig rosemary
shortening
6 oz. mushrooms

REMOVE ..... head, tail and the fins from the fish.
SPRINKLE inside with salt, pepper and grated lemon rind.
CUT ..... tomatoes into wedges and place in fish.
PLACE ..... parsley sprigs and rosemary on top and close fish.
PLACE ..... onto well-greased aluminium foil.
CHOP ..... mushrooms and slice lemon.
SPRINKLE mushrooms around fish, squeeze juice from end pieces of lemon over them.
PLACE ..... 4 slices of lemon onto top of fish.
FOLD ..... foil over making sure that it is sealed.
PLACE ..... into Sunbeam Frypan heated to 340°. Fit lid.

TO POACH FISH

DEEP-FRY COOKER WITH RICE AND VEGETABLE COOKER BASKET

PUT ..... 1 cup milk or water into Deep-Fry Cooker with ½ teaspoon salt. Set at 220°.
PREPARE and fillet fish as desired.
PLACE ..... into Rice and Vegetable Cooker Basket and lower into Cooker.
REMOVE ..... handle. Fit lid.
COOK ..... until flesh is easily flaked.
FIT ..... handle to remove basket and fish.
SERVE ..... with your favourite sauce.

MAY BE COOKED DIRECTLY IN FRYPAN.

TO STEAM FISH

DEEP-FRY COOKER AND ALL-PURPOSE STEAMER BASKET

PREPARE ..... fish, leave whole or fillet according to requirements.
SEASON ..... to taste.
PLACE ..... fish into greased steamer basket direct, or onto foil and then into the basket.
PUT ..... 2 cups of milk or water into Deep-Fry Cooker and set at 220°.
POSITION ..... basket, fit lid and steam until fish is cooked through.
FIT ..... handle and remove basket.

Vegetables may be cooked in Rice and Vegetable Cooker Basket fitted below or alongside fish in the All-Purpose Steamer Basket when only small quantities are required.

FRIED SCALLOPS OR OYSTERS

DEEP-FRY COOKER OR FRYPAN
Serves 3 to 4

1 lb. scallops
1 tblspn. lemon juice
¼ tspn. salt
¼ tspn. celery salt
1 egg
¼ cup milk or water
fine, dry breadcrumbs

WIPE ..... scallops with clean, damp cloth and cut into ¾ inch cubes if large.
MIX ..... together lemon juice, salt and celery salt and pour over scallops. Cover.
ALLOW ..... to stand in refrigerator 2 hours or more. Drain.
MIX ..... beaten egg and milk or water and dip scallops in mixture, then in crumbs, shaking off excess.
FRY ..... in preheated shortening — 340°—until golden brown on all sides. Drain.
PLACE ..... on absorbent paper.
SERVE ..... with lemon or Tartare Sauce.

NOTE: Scallops may be fried without marinating in lemon mixture. Simply dip in seasoned flour, then in egg mixture, then in crumbs and fry as above.

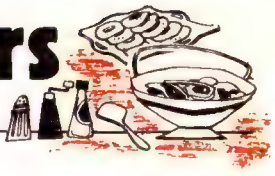
SCALLOPS A'LA MARIA

FRYPAN
Serves 6 to 8

2 slices buttered bread
1 pint chablis
2 lb. scallops
1 tblspn. butter
12 mushrooms
2 tblspns. flour
salt and pepper
2 tblspns. chopped chives
1 tblspn. chopped parsley
4 tblspns. cream
paprika

HEAT ..... Frypan to 360°.
CHOP ..... sliced bread into cubes and place in Sunbeam Blender.
PREPARE ..... soft breadcrumbs.
PLACE ..... into heated Frypan and saute at 360° until browned—set aside.
REDUCE ..... heat to 260° and heat wine.
BEARD ..... scallops and drop into wine, cover and simmer for 7 to 10 minutes.
DRAIN ..... scallops and retain wine stock.
CUT ..... scallops into four.
MELT ..... butter in Frypan and saute sliced mushrooms.
ADD ..... flour and wine stock, stir until thickened—season to taste.
STIR ..... in scallops and chives and heat through.
MIX ..... in parsley and cream.
SPRINKLE ..... with browned breadcrumbs and a little paprika before serving from the Frypan OR serve in greased scallop dishes.

Batters and Fritters



Batter-covered foods cook best in the Sunbeam Deep-Fry Cooker because of its depth. It is recommended that 3 inches of shortening or oil be used.

STANDARD FRITTER BATTER

DEEP-FRY COOKER

(For cut-up fruit and vegetables, fish, etc.)

Makes 1 dozen

1 egg
⅔ cup milk
1 cup self-raising flour
1 tspn. salt
1 tspn. melted shortening

PLACE ..... egg in small Mixmaster bowl and beat on Speed 12 for one minute.
ADD ..... milk, sifted flour and salt to egg mixture.
ADD ..... shortening and beat on Speed 5 until blended.

NOTE: Double the recipe when frying large amounts.

FOODS SUITABLE FOR FRITTERS

Sweet: Bananas, whole or sliced; pineapple, raw or cooked, slices or wedges; peaches, raw or cooked, halved or sliced; raw apple rings; pears, cooked or raw halves; drained coarse chopped, fresh or cooked mixed fruits.

Savoury: Fish, fresh or tinned; cooked, sliced or chopped meat; raw, thinly sliced liver, egg plant, onion rings, tomatoes, cheese, oysters, prawns, scallops.

PANCAKES

FRYPAN

Makes 8 to 10 Pancakes

1 cup self-raising flour
pinch salt
1 egg
½ pint milk

SIFT ..... flour and salt and add whole egg.
BEAT ..... gradually adding milk until thick and smooth.
MIX ..... in remainder of milk and allow to stand for 1 hour.
HEAT ..... Frypan to 380° and rub lightly with shortening.
POUR ..... 2 to 3 tablespoons of mixture at a time on the heated Frypan.
COOK ..... until brown underneath and bubbling on top.
TURN ..... to brown.
SERVE ..... with lemon juice and sugar, hot syrup or stewed fruits.

CRISP FRITTER BATTER

DEEP-FRY COOKER

1 egg
1 cup plain flour
1 tblspn. baking powder
½ cup milk

BEAT ..... egg white until stiff, Speed 12.
PLACE ..... flour, baking powder, egg yolk into a bowl with half of the milk.
BEAT ..... on Speed 2 until mixed and smooth.
ADD ..... remaining milk and beat for 1 minute.
FOLD ..... in beaten egg white.
ADD ..... more liquid if required to allow batter to evenly and thinly cover the food to be cooked.

SWEET CORN FRITTERS

DEEP-FRY COOKER

Serves 4 to 6

1 small tin sweet corn
salt and pepper
1 egg
1 cup self-raising flour

PLACE ..... corn, salt and pepper and egg into bowl and blend thoroughly.
ADD ..... flour gradually to form a thick consistency.
DROP ..... tablespoonsful into Sunbeam half full of medium pre-heated to 380°.
FRY ..... until brown on both sides.

These may be flavoured with 1 tablespoon of finely chopped ham, bacon or shallot.

PIKELETS

FRYPAN

1 cup self-raising flour
pinch salt
½ tspn. bi-carb. soda
3 tblspns. sugar
1 egg
½ cup sour milk, or fresh, with 1 tspn. vinegar
2 tspns. butter, melted

SIFT ..... dry ingredients.
ADD ..... sugar, egg, milk and butter.
BEAT ..... until smooth and thoroughly mixed.
PLACE ..... by tablespoon into Frypan heated to 380°.
COOK ..... until bubbly and brown underneath.
TURN ..... to brown.

Doughnuts and Scones

Sunbeam deep-fried doughnuts will always be popular for desserts, afternoon teas and suppers.

1. Place basket, together with shortening or oil to a depth of 3 inches, into Deep-Fry Cooker and heat.
2. Turn rolled doughnuts onto a floured board and knead well before rolling out. Roll out no thicker than ⅓ inch, cut with a doughnut cutter and dust off excess dry flour before placing into Deep-Fry Cooker.
3. Have dropped doughnut mixture moist to firm for best results. Dip spoon into heated medium before dipping into mixture.
4. Cook only one layer at a time. When they rise to the surface, turn to brown.

EASY TEA DOUGHNUTS

DEEP-FRY COOKER

Makes about 1½ dozen

1 egg
⅓ cup sugar
2 tspns. melted butter or margarine
½ tspn. vanilla
½ cup milk
1½ cups self-raising flour
½ tspn. salt

PLACE ..... egg into small Mixmaster bowl.
BEAT ..... on Speed 12 for one minute.
ADD ..... sugar, melted butter, vanilla and milk—beat ½ minute.
SIFT ..... together flour and salt.
ADD ..... to egg mixture.
BEAT ..... on Speed 2 until blended.
DIP ..... spoon into heated shortening.
DROP ..... batter by small teaspoonsful into preheated shortening.
FRY ..... until golden brown, turning to brown evenly. Drain.
PLACE ..... on absorbent paper.
ROLL ..... in icing sugar or sift sugar over doughnuts.

SERVING IDEAS

SUGAR ..... doughnuts by shaking in a bag with icing or castor sugar.
GLAZE ..... doughnuts by beating together 1 cup sifted icing sugar, ¼ cup boiling water and ½ teaspoon vanilla. Dip warm doughnuts into glaze.
DIP ..... doughnuts first into glaze, then into coconut or chopped nuts.
ICE ..... doughnuts with chocolate, orange or vanilla icing.
FRY ..... centres, sprinkle with sugar and cinnamon. The kiddies will love them.

YEAST DOUGHNUTS

DEEP-FRY COOKER AND FRYPAN

Makes about 3 to 4 dozen

1 oz. compressed yeast
2 tblspns. castor sugar
½ pint milk
2 oz. butter or margarine
1 lb. plain flour
½ tspn. salt
1 egg

MAKE ..... yeast sponge by blending 1 teaspoon sugar with yeast in a little warm milk to make a paste.
ADD ..... remainder of warm milk — stand prepared mixture in a warm place, or place on a trivet in Sunbeam Frypan set at SIMMER. Cover with Frypan lid or thick towel to keep warmth in for 15 minutes.
BEAT ..... shortening until soft on Speed 2 of Mixmaster.
MIX ..... into flour, which has been warmed, and sugar and salt.
BEAT ..... egg, add to yeast mixture and mix dry ingredients to a soft dough, Speed 2 Sunbeam Mixmaster.
KNEAD ..... well, place into a greased bowl and allow to stand in a warm place or Sunbeam Frypan to rise for 45 minutes.
KNEAD ..... thoroughly and roll to ¼ inch thick.
CUT ..... with doughnut cutter and allow to stand until doubled in height—about 10 minutes.
FRY ..... in oil or shortening heated to 380° in Deep-Fry Cooker until doughnuts rise to top of shortening and begin to brown underside. Turn for even browning.
DRAIN ..... and toss in castor sugar mixed with a little ground cinnamon.

SAVOURY COBBLESCONES

FRYPAN

Makes 25

2 tspns. shortening
2 cups self-raising flour
¾ cup evaporated milk
1 tblspn. chopped parsley

FILLING

2 cups minced ham, or sliced pork sausages, ham delight or fine chopped camp pie
1 onion
½ cup cooked, drained and mashed apple
1 tspn. dry mustard
dash cayenne
1 egg

HEAT ..... Frypan to 420°—lined with foil.
MAKE ..... a scone dough from shortening, flour and milk.
CHOP ..... meat and onion.
SAUTE ..... onion in a little oil until tender.
MIX ..... with meat, parsley, apple, mustard, cayenne and beaten egg.
ROLL ..... out half of dough to fit Frypan.
COVER ..... with filling and remaining scone dough.
COOK ..... 10 minutes with lid fitted.
LIFT ..... the cobblescone from the Frypan on to a cake cooler.
COVER ..... with a second piece of foil and return to the Frypan upside down to brown 10 to 15 minutes.
CUT ..... into squares — serve with tomato sauce.

WELSH CAKES

FRYPAN

Makes 30 to 36 Cakes

¼ lb. shortening
3 cups self-raising flour
1 cup sugar
salt
1 cup sultanas
1 egg
½ cup milk

BEAT ..... shortening until soft on Speeds 1-5 of Sunbeam Mixmaster.
ADD ..... flour and work through to resemble breadcrumbs on Speed 1.
ADD ..... sugar, salt and fruit.
BEAT ..... egg and add half of the milk.
MIX ..... into dry ingredients—adding sufficient milk to form into a moist (not sticky) dough.
TURN ..... dough on to floured board and knead lightly.
PRESS ..... out to ¼ inch thick—cut out with a scone cutter.
HEAT ..... Frypan to 360° and grease lightly.
PLACE ..... prepared cakes on to heated Frypan. Cook for 2 to 3 minutes either side with Metal Lid on. Time will depend on size of cutter used.
SERVE ..... hot or cold with butter.

CORN AND BACON PUFFS

DEEP-FRY COOKER

Makes about 15

frying oil
2 oz. shortening
2 cups self-raising flour
salt and cayenne
½ cup sweet corn
2 tblspns. chopped, crisp, fried bacon or ham
½ to ¾ cup milk
1 egg

PREHEAT ..... oil or shortening in Deep-Fry Cooker at 380°.
BEAT ..... shortening until soft on Speed 2 of Sunbeam Mixmaster.
ADD ..... half of flour, salt and cayenne.
MIX ..... until crumbled then add remainder of flour.
ADD ..... corn, bacon, milk and beaten egg, mix to a moist dough.
DROP ..... by tablespoonsful into heated shortening.
FRY ..... until cooked through and browned.

FRIED SCONES

DEEP-FRY COOKER

Makes 12 to 15

1 oz. shortening
1½ cups self-raising flour
pinch of salt
¾ cup milk
raspberry jam

BEAT ..... shortening until soft on Speed 5 Sunbeam Mixmaster.
ADD ..... flour and mix until crumbled. Add salt and mix to a soft dough with milk on Speed 1.
TURN ..... on to a floured board. Press out to ½ inch thick and cut with a scone cutter. Make a slit in each scone and fill with jam. Pinch together.
DROP ..... into preheated medium and fry until brown.
DRAIN ..... and place on absorbent paper.
DREDGE ..... with sugar and serve immediately.

GIRDLE SCONES

FRYPAN

Makes about 24

2 tspns. shortening
salt
2 cups self-raising flour
½ cup milk

BEAT ..... shortening until soft on low speed on Sunbeam Mixmaster. Add salt.
ADD ..... flour and beat until crumbled.
MIX ..... to a firm dough with milk.
TURN ..... on to a floured board, knead lightly.
PRESS ..... out to ¼ inch thick and cut with scone cutter. (May be left about ¾ inch thick.)
HEAT ..... Sunbeam to 380°.
GREASE ..... with melted butter.
PLACE ..... scones on to heated Frypan. Cover with lid.
TURN ..... when browned—cook until done, about 7 minutes—(15 minutes if thick).
SERVE ..... whilst hot.

DEEP-FRY COOKER OR FRYPAN

Makes about 2 dozen

1 tblspn. oil
1 tblspn. chopped onion
¾ cup rice
1 cup chicken stock
oil for frying
2 tspns. curry powder
1 cup self-raising flour
½ tspn. celery salt
pinch ground thyme
salt and pepper
1 tblspn. chopped parsley
1 egg
milk
1 cup fish

HEAT ..... Sunbeam to 380° with a little oil.
SAUTE ..... onion—do not brown.
ADD ..... rice and stir oil through.
REDUCE ..... heat to 260°.
ADD ..... stock and cook rice until tender—add more liquid if required.
WASH ..... Sunbeam and reheat half-filled with frying oil or shortening.
PLACE ..... rice, curry powder, flour, celery salt, thyme and salt and pepper into Mixmaster bowl.
PLACE ..... egg and parsley into blender and blend until parsley is fine chopped.
MIX ..... into dry ingredients on Speed 3.
ADD ..... sufficient milk to make into a thick batter.
MIX ..... fish through.
DROP ..... by tablespoon into oil or shortening heated to 380°.
FRY ..... until golden brown.
SERVE ..... with bacon or your favourite sauce.

PANCAKES MORNAY

DEEP-FRY COOKER OR FRYPAN

Serves 4 to 6

1 quantity pancake mixture
½ cup thick white sauce
2 tspns. chopped parsley
1 tblspn. lemon juice
1 cup flaked or chopped fish
3 tblspns. grated strong cheese
salt and pepper
milk
dry breadcrumbs
parmesan cheese

PREPARE ..... pancake mixture and cook 5 pancakes, brown one side only, keep back about ¼ cup mixture.
MAKE ..... sauce—it must be very thick.
ADD ..... parsley, lemon juice, fish and cheese and season to taste.
DIVIDE ..... between the pancakes. Place onto the browned side.
ROLL ..... and tuck in the ends.
ADD ..... a little milk to the left-over batter and brush outside of pancakes. Roll in crumbs.
HEAT ..... Deep-Fry Cooker to 380° half-filled with oil.
FRY ..... rolled pancakes until brown and heated through.
SPRINKLE ..... with a little Parmesan cheese and serve with steamed vegetables.

DEEP-FRY COOKER

Makes 20

1 tblspn. shortening
½ cup sugar
2 tspns. golden syrup
⅔ cup milk
2 cups self-raising flour
½ tspn. cinnamon

BEAT ..... shortening until soft on Speed 2 Sunbeam Mixmaster.
ADD ..... sugar and syrup and beat on Speed 10 until creamy.
ADD ..... milk and reduce to Speed 2.
FOLD ..... in sifted flour and cinnamon.
KNEAD ..... well on a floured board.
CUT ..... out with a round cutter and remove centre with a smaller cutter or use a doughnut cutter.
FRY ..... in shortening heated to 380° in Deep-Fry Cooker. Turn to brown.
DRAIN ..... and dredge with castor sugar before serving.

YORKSHIRE PUDDING

FRYPAN

Serves 4 to 6

PREPARE ..... pancake batter (see page 38) and stand for 1 hour.

To cook with a roast:

SET ..... Pan-Grill Lever and draw meat and vegetables to control side of Frypan.
POUR ..... batter into drippings on lower side.
COOK ..... for 25 to 35 minutes at 300°.

To cook separately:

HEAT ..... Frypan and an 8 inch sandwich tin to 380°.
PLACE ..... 1 tablespoon oil or shortening into tin and pour batter in.
COOK ..... for ten minutes at 380° then reduce heat to 300° until cooked.

CRUMPETS

FRYPAN

½ oz. compressed yeast
½ pint milk
1 egg
1 lb. flour
1 tspn. salt

CRUMBLE ..... yeast into a bowl.
ADD ..... slightly warmed milk and egg.
GRADUALLY beat in flour and blend until smooth.
ADD ..... extra milk to make mixture slightly thicker than that for pancakes.
STAND ..... mixture in a warm place or in Frypan set at SIMMER and allow to rise—1½ hours.
HEAT ..... Frypan to 340-380° and grease lightly.
POUR ..... Mixture into crumpet rings on heated Frypan.
COOK ..... until brown underneath and firm on top.

Cakes & Loaves

It is essential to fit your Sunbeam Frypan lid for baked foods with the VENT CLOSED. The height, combined with dry heat, ensures excellent results when baking almost every type of mixture. There are three methods for baking cakes in the Frypan:

1. Placing the prepared mixture into a cake tin then setting the tin onto a wire rack, trivet or an asbestos mat to lift the tin slightly above the Frypan surface—THIS SHOULD NOT BE MORE THAN ONE-EIGHTH OF AN INCH IN HEIGHT. Bake at 420° for the entire cooking time.
2. Placing the mixture into a tin and setting the tin directly into the Frypan preheated to 420°. Bake at 360°- 380° for required time.
3. Placing the mixture directly into the preheated, greased or lined Frypan. Preheat to 360°- 380° and bake at 300° for required cooking time.

REMEMBER, times and temperatures given with the following recipes are for the tins specified. Use of different size tins, omission or addition of any ingredient will automatically affect the cooking times. Voltage fluctuations will sometimes necessitate longer cooking.

PACKAGE CAKE MIXES

There are many quality package ready-to-mix cake mixtures on the market. Choose a reliable brand and prepare according to the manufacturer's directions.

FOUNDATION BUTTER CAKE

FRYPAN

4 oz. shortening
vanilla
½ cup sugar
2 eggs
2 cups self-raising flour
6 tblspns. milk

BREAK ..... up shortening on Speed 2 Sunbeam Mixmaster.
ADD ..... essence and beat on Speed 5.
ADD ..... sugar and beat until creamy, Speed 7.
BEAT ..... in eggs then add flour and milk alternately on Speed 2.
PLACE ..... into greased 8 inch ring, square, round or octagonal cake tin.
PLACE ..... onto an asbestos mat in Frypan preheated to 420° with lid on.
COOK ..... for 35 to 45 minutes, depending on size of cake tin used.

VARIATIONS:

1-Egg Cake
Half this recipe can be used and cooked in a 7 inch sandwich or ring tin. Cook for 25 to 35 minutes.

Orange Cake
Add 1 teaspoon grated orange rind.

Chocolate Cake
Substitute 1 tablespoon cocoa for 1 tablespoon of the flour.

Marble Cake
Divide mixture into 3, adding 1 tablespoon cocoa mixed with 1 tablespoon hot water to one portion. Colour second portion pink and place into cake tin in alternate spoonsful.

CHRISTMAS CAKE

FRYPAN

½ lb. raisins
½ lb. sultanas
2 oz. preserved figs
2 oz. almonds
2 oz. preserved ginger
4 oz. currants
2 oz. dates
2 oz. mixed peel
2 oz. cherries
3 tblspns. sherry
½ lb. shortening
½ lb. brown sugar
5 eggs
3 cups plain flour
2 tspns. Parisian essence

PREPARE ... fruit, chop dates, figs, almonds, cherries and ginger.
SPRINKLE ... with spirit and allow to soak overnight.
LINE ..... a 7½ inch square or 8 inch round cake tin with 1 layer of brown and 2 of greaseproof paper in bottom of tin; line the sides with 2 layers of greaseproof paper.
PREHEAT ... Frypan with asbestos mat to 420° with lid on and vent closed.
SOFTEN ..... shortening on Speed 2 Sunbeam Mixmaster, add sugar.
CREAM ..... on Speed 8.
ADD ..... eggs one at a time, beating evenly through, add essence.
MIX ..... in flour and fruit alternately using Speed 1.
PLACE ..... into prepared cake tin and stand on asbestos mat in Frypan.
BAKE ..... at 420° for 30 minutes, reduce to 320°-340° for 1¾ to 2 hours, keep vent closed for the entire cooking.
TEST ..... with a skewer before removing from Frypan.

COCONUT UPSIDE DOWN CAKE

FRYPAN

Serves 6 to 9

1 cup brown sugar
1 cup coconut
5 oz. shortening
1 can sliced pineapple (or fresh)
3 eggs
½ cup sugar
1 tspn. vanilla
1 cup self-raising flour
glace cherries
cream

HEAT ..... Sunbeam Frypan to 420° with lid and asbestos mat.
MIX ..... brown sugar and coconut and sprinkle into greased 9 inch square cake tin.
MELT ..... shortening and pour 4 ounces over coconut.
PLACE ..... drained pineapple slices onto this.
SEPARATE eggs and beat whites until stiff—Speed 10 to 12 Sunbeam Mixmaster.
ADD ..... yolks, sugar and vanilla and beat until thick.
FOLD ..... in sifted flour and remaining melted butter—Speed 1.
POUR ..... into tin—take care not to disturb fruit, etc.
PLACE ..... into Frypan.
BAKE ..... for 40 to 50 minutes, turn out onto serving dish and place cherries onto pineapple rings.
SERVE ..... with whipped cream.

SUNBEAM TEA CAKE

FRYPAN

1 egg
½ cup sugar
1 tblspn. melted butter
½ cup milk
1 cup self-raising flour

PREHEAT ..... Frypan to 420°.
BEAT ..... egg white stiffly on Speed 12 of Sunbeam Mixmaster.
ADD ..... sugar gradually and beat until dissolved.
BEAT ..... in egg yolk.
ADD ..... melted butter and milk on Speed 1.
FOLD ..... in sifted flour.
POUR ..... into greased 7 inch sandwich tin.
PLACE ..... into heated Frypan onto an asbestos mat.
BAKE ..... for 25 to 30 minutes.

VARIATIONS:

Raspberry Teacake
PLACE ..... half of mixture into tin.
SPREAD ..... with raspberry jam and place remaining mixture on top.

Apple Teacake
CORE ..... an apple and slice thinly.
ARRANGE ..... rings onto cake mixture.
SPRINKLE ..... with cinnamon sugar before baking.

Orange Crunch Teacake
MIX ..... 1 tablespoon of castor sugar and 1 tablespoon of grated orange rind together.
SPRINKLE ..... onto cake mixture.

Apricot Teacake
WHEN ..... cooked brush with heated apricot jam.
SPRINKLE ..... with coconut.

Cinnamon Teacake
SPRINKLE with 1 tablespoon sugar and 1 teaspoon cinnamon.

BOILED FRUIT CAKE

FRYPAN

1 cup sugar
1 pkt. mixed fruit
½ lb. shortening
¾ cup water
2 tspns. mixed spice
2 tspns. bi-carb. soda
2 eggs
few drops each of vanilla, lemon and almond essence
1¼ cups self-raising flour
1 cup plain flour

PLACE ..... sugar, fruit, shortening, water, spice and bi-carb. soda into Frypan.
BOIL ..... gently for 10 minutes, set at SIMMER.
ALLOW ..... to cool.
REHEAT ..... Sunbeam Frypan with asbestos mat to 420° with lid on and vent closed.
BEAT ..... eggs in small Mixmaster Bowl on Speed 8.
ADD ..... to mixture with essences.
FOLD ..... in sifted flour.
PLACE ..... into a greased 7½ inch square cake tin.
PLACE ..... prepared cake into Frypan.
BAKE ..... at 420° for 1 to 1½ hours.
KEEP ..... vent closed for the full cooking time.
TEST ..... with a skewer before removing from Frypan.

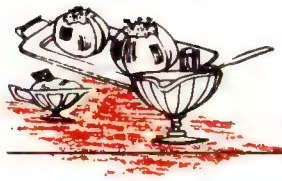
AUSTRALIAN WAFERS

FRYPAN

Makes 36 Wafers

4 oz. shortening
1 tspn. grated lemon rind
½ tspn. vanilla
½ cup brown sugar
1 egg
1½ cups self-raising flour
3 tblspns. water
1 packet Chocbits
icing sugar

LINE ..... Frypan with foil and heat to 380° with lid on.
BREAK ..... up shortening on Speed 1 Sunbeam Mixmaster.
ADD ..... rind and essence and beat until soft—Speed 6.
ADD ..... half of the sugar and beat until creamy—Speed 8.
ADD ..... egg yolk and mix through.
MIX ..... in flour and water alternately —Speed 2—set aside.
BEAT ..... the egg white stiffly on Speed 10.
ADD ..... remaining sugar and beat until dissolved.
FOLD ..... into batter with Chocbits.
SPREAD ..... into Frypan, cover and bake at 380° for 10 minutes.
REDUCE ..... to 300° and continue cooking for 15 minutes.
CUT ..... into 36 squares and sprinkle with icing sugar while hot.



Desserts

BAKED CUSTARD

FRYPAN
Serves 4

3 eggs
¼ cup sugar
1 tspn. vanilla
¼ tspn. salt
2 cups milk
nutmeg

MEASURE 3 cups water into Frypan.
ADD a tablespoon of vinegar or a piece of lemon to prevent discoloration.
BRING to the boil at 300°.
BEAT eggs and sugar.
BLEND in salt, vanilla and milk.
POUR into Individual custard moulds or a pyrex dish.
SPRINKLE with nutmeg. Place into Frypan, cover dish and fit lid.
TURN control to 220°, and bake until set. Time will depend on the size of the mould.
OR PLACE dish onto asbestos mat and bake at 300°.

PINEAPPLE RICE BAVARIAN

DEEP-FRY COOKER OR FRYPAN
Serves 6 to 8

½ cup sugar
¾ cup rice
2 pints milk
2 tblspns. gelatine
½ cup cold water
1 cup cream or evaporated milk
1 tspn. vanilla
apricot jam
grated lemon rind
sherry
fresh pineapple
cherries
whipped cream

PLACE sugar, rice and milk into Sunbeam.
COVER with Lid—bring to the boil then cook gently on SIMMER.
COOK until rice is soft and milk is absorbed.
DISSOLVE gelatine in water, add to rice mixture and stir until dissolved.
COOL then puree in Sunbeam Blender or rub through a sieve.
WHIP cream and fold into rice puree with vanilla.
POUR into a greased ring tin and chill until quite firm.
PUREE 1 cup apricot jam, add 1 teaspoon lemon rind and 1 tablespoon sherry — warm over low heat.
PEEL and slice pineapple, unmould rice and arrange slices of pineapple brushed with jam around top.
DECORATE with whipped cream and cherries.
SERVE very cold with left-over puree.

BAKED APPLES

FRYPAN
Serves 6

6 apples
½ cup sugar
½ cup water
butter
cinnamon or nutmeg
1 tblspn. grated lemon rind

WASH apples, core and slit around skin half-way down.
ARRANGE in Frypan.
COMBINE sugar and water and pour over.
PLACE a little butter on each apple.
SPRINKLE with cinnamon and lemon rind.
SET control to 300° and when syrup boils, cover and reduce heat to 220°.
BAKE for 30 minutes or until tender.
OR PLACE apples and liquid into a dish and bake in Frypan at 420°.

Use your favourite flavourings, cloves, etc., or stuff core with fruit mince, orange marmalade, dates, chopped nuts or bananas.

CREPES NORMANDIE

FRYPAN
Makes 9 Pancakes

1¼ cups flour
3 eggs
½ pint milk
2 oz. shortening
1 large cooking apple
lemon rind
1 tblspn. sugar
1 tblspn. water
½ cup raisins
½ cup apricot jam
2 oz. butter
⅓ cup brandy

PLACE flour, eggs and half of the milk into small Mixmaster bowl.
BEAT on Speed 2 until blended, then on Speed 8 for 1 minute.
REDUCE to Speed 2, add remaining milk and melted shortening and mix until smooth.
COOK 9 pancakes in Frypan at 340°.
PEEL core and chop apple.
PLACE into Blender with a small piece of lemon rind, sugar and water.
BLEND until fine.
ADD raisins and jam, blend to a spreading consistency.
SPREAD on pancakes and fold in four.
MELT butter in Frypan at 300°.
ADD crepes and heat through.
POUR over brandy and heat.
FLAME and serve whilst still flaming.

STEAMED PUDDING

DEEP-FRY COOKER OR FRYPAN

Serves 4 to 6

2½ oz. shortening
⅓ cup sugar
essence
1 egg
1½ cups self-raising flour
⅓ cup milk
jam

BEAT ..... shortening until soft, Speed 2 Mixmaster.
ADD ..... sugar and essence, beat until creamy, Speed 8.
BEAT ..... in egg then add flour and milk alternately—Speed 1.
GREASE ... a pudding mould and place two tablespoons of jam into the bottom.
PLACE ... mixture into bowl and cover with lid or aluminium foil.
HEAT ... Sunbeam to 300° with 2 cups water.
PLACE ..... pudding into Sunbeam and fit lid.
REDUCE ..... heat to 260° and simmer until cooked.
SERVE ..... with sweet white sauce.
MAY ..... be cooked in 5 small individual moulds—steam 25 to 30 minutes.

SWISS CHEESE CAKE FRYPAN

Serves 6 to 8

PASTRY:

4 oz. shortening
1½ cups self-raising flour
1 egg yolk

FILLING:

6 oz. cream cheese
1 tblspn. mixed peel
1 tblspn. currants
rind of half lemon
1 tblspn. lemon juice
2 eggs
2 tblspns. sugar

PREHEAT ..... Frypan to 420° with asbestos mat and metal lid.
BREAK ..... up shortening on Speed 2 of Mixmaster and beat until soft on Speed 6, reduce to Speed 2.
ADD ..... flour and work to a crumbled consistency.
BIND ..... together with egg yolk.
TURN ..... onto a floured board, knead lightly and roll out to fit an 8 inch pie plate.
PLACE ..... in Frypan and cook for 15 minutes.
BEAT ..... cream cheese until soft in small Mixmaster bowl, Speed 8.
ADD ..... chopped peel, currants, lemon rind and lemon juice.
FOLD ..... in eggs which have been well beaten with sugar.
POUR ..... mixture into partly cooked pie shell and continue cooking until set—about 35 minutes.
DELICIOUS served with whipped cream and fresh fruit in season.

HEAVENLY FAVOURS

Makes about 3 dozen DEEP-FRY COOKER

1 oz. lard
1 oz. margarine
2 cups flour
2 eggs
2 tblspns. milk
cinnamon sugar

HEAT ..... Deep-Fry Cooker to 380° half filled with oil.
BEAT ..... lard and margarine until soft, Speed 5.
ADD ..... flour and beat until crumbled.
MIX ..... to a soft dough with eggs and milk—Speed 1.
KNEAD ..... until smooth, stand in a warm place 1 hour.
ROLL ..... out into a long strip.
FOLD ..... in three and roll and fold twice again.
ROLL ..... out to ¼ inch thick, cut into diamonds.
FRY ..... in heated oil, turning to brown.
DRAIN ..... sprinkle with cinnamon sugar and serve immediately.

PAVLOVA FRYPAN *Serves 4 to 6*

1 egg white
1 cup castor sugar
1 tspn. vinegar
1 tspn. vanilla
2 tblspns. boiling water
2 tspns. baking powder

PLACE ..... egg white, sugar, vinegar and vanilla into a bowl over a saucepan of boiling water.
BEAT ..... for 2 minutes.
ADD ..... water, and continue to beat until very thick—about 7 minutes. Fold in baking powder.
PAPER ..... the underside of an 8 inch sponge tin.
SPOON ..... meringue mixture on to tin.
PLACE ..... into Frypan preheated to 260°—fit Lid, vent closed.
COOK ..... for 2 hours or until firm.
ALLOW ..... to cool in the Frypan.
SERVE ..... filled with fruit and cream or ice cream.

CHOCOLATE ARKAS

DEEP-FRY COOKER OR FRYPAN

½ pint evaporated milk
4 oz. cooking chocolate or 2 tblspns. drinking chocolate
3 oz. sugar
2 eggs
2 egg yolks
vanilla

HEAT ..... half the milk and broken chocolate until boiling.
PLACE ..... sugar into Blender with hot milk, blend until smooth.
ADD ..... remaining milk, eggs and yolks and vanilla and thoroughly mix.
PLACE ..... a round of greased paper into bottom of a steamer, grease sides well.
POUR ..... in mixture and cover.
PLACE ..... into Frypan with 2 pints boiling water, add lemon or vinegar to prevent stain.
PLACE ..... lid on. Set to SIMMER.
STEAM ..... for 45 to 55 minutes.
UNMOULD ... chill and serve with semi-sweet biscuits.

Jams & Preserves

Housewives who do their own jam making will find the new Sunbeam Deep-Fry Cooker convenient for jam making. Jam prepared in smaller quantities cooks faster, is a better colour and requires less stirring and watching. Fruit or fruit and water should never more than half fill the vessel. This allows for the addition of the sugar and the fast boiling necessary for the jam to thicken.

GRAPEFRUIT MARMALADE

DEEP-FRY COOKER

1 lb. grapefruit **3 lb. sugar**
3 pints water

WASH ..... grapefruit.
SHRED ..... skin and chop flesh, or slice as desired.
REMOVE ..... seeds and place in a muslin bag.
PLACE ..... fruit and seeds into an enamel vessel and cover with water.
ALLOW ..... to stand 12 to 24 hours.
PUT ..... into Cooker and bring to the boil at 300°—fit lid.
REDUCE ..... to SIMMER, place the lid on and cook until fruit is quite tender.
ADD ..... sugar, bring to the boil without the lid. Adjust control to keep jam boiling steadily.

It will be found necessary to gradually increase the control setting as the jam cooks to a higher temperature.

REMOVE ..... scum whilst cooking.
TEST ..... by placing a little on to a saucer. When cool the jam should crinkle on top.
BOIL ..... one minute longer, then place into sterilised jars.

WHOLE BERRY JAM

DEEP-FRY COOKER

For each pound of fresh berries, strawberries, raspberries, etc., allow three-quarters of a pound of sugar.

HULL ..... and wash berries and place into Deep-Fry Cooker.
ADD ..... sufficient water to barely cover the bottom of the cooking well.
BRING ..... to the boil at 300°.
COOK ..... at 260° with lid on until berries are tender.
ADD ..... sugar—cook without lid until syrup jells.
ADD ..... 2 teaspoons of lemon juice to bring out the fresh flavour of strawberries.
BOTTLE ..... and seal.

CANDIED PINEAPPLE

DEEP-FRY COOKER OR FRYPAN

1 pineapple **½ lb. sugar**
1 pint water and syrup **5 x ¾ cups of sugar**

PEEL ..... and core pineapple and cut into slices.
PLACE ..... into Sunbeam and cook at SIMMER, adding a little water and sugar to taste.
DO ..... not overcook. Remove pineapple.
STRAIN ..... off syrup and make up to 1 pint with water.
ADD ..... ½ lb. sugar, bring to the boil at 300° and boil for 2 minutes.
STRAIN ..... and cool slightly and pour over pineapple pieces.
COVER ..... and stand for 24 hours.
REPEAT ..... Using strained syrup and adding ¾ cup of sugar on 4 days, allowing 24 hours between.
ON ..... the sixth day reheat syrup and ¾ cup sugar and steep pineapple for 3 or 4 days.
LIFT ..... from syrup and place on a rack to dry.
TURN ..... during drying which may take hours or days depending on the weather.

The fruit should not be sticky when stored.

FOR CRYSTALLISED FRUIT:

DIP ..... pieces of candied fruit separately into boiling water for a few seconds and roll in castor sugar.

FOR GLACE FRUIT:

MAKE ..... a fresh syrup from 1 pound sugar, ¼ pint water and keep hot.
DIP ..... candied fruit into boiling water for 20 seconds, then into prepared syrup.
PLACE ..... on a wire rack to dry.

CUMQUAT MARMALADE

DEEP-FRY COOKER

1 lb. cumquats **sugar**
2 pints water

SLICE ..... cumquats and cover with water.
ALLOW ..... to stand overnight.
PLACE ..... into Deep-Fry Cooker and heat to boiling.
COOK ..... with the lid on at 220° until tender.
EMPTY ..... fruit into a bowl and stand overnight
WEIGH ..... fruit and liquid and allow 1½ pounds sugar to each 1 pound of syrup and fruit.
REHEAT ..... fruit and syrup, add sugar and cook until syrup jells.
BOTTLE ..... and seal.

GREEN FIG CONSERVE

DEEP-FRY COOKER

4 lb. figs (under-ripe) **1 pint water**
3 lb. sugar **juice 2 lemons**

PEEL ..... figs and cut into ½ inch slices.
PLACE ..... sugar and water into Deep-Fry Cooker and bring to the boil at 300°.
ADD ..... figs and lemon juice and simmer at 220°, removing scum as it rises.
BOIL ..... steadily until syrup thickens and is clear.
BOTTLE ..... and seal.

GRAPE JAM

DEEP-FRY COOKER

4 lb. grapes **3½ lb. sugar**
¼ pint water

WASH ..... grapes and remove stalks.
SQUEEZE ..... centres into Deep-Fry Cooker —fit lid.
BRING ..... to the boil and cook until tender and seeds rise, SIMMER.
REMOVE ..... from Deep-Fry Cooker, place skins and water into well and cook till tender.
MEANTIME ..... remove seeds from pulp.
MIX ..... pulp into cooked skins and bring to the boil.
ADD ..... sugar and continue cooking without the lid until jam jells. Adjust temperature as required.
BOTTLE ..... and seal.

SPICED FIGS

DEEP-FRY COOKER

firm, unripe figs **1 tblspn. salt**
4 pints vinegar **1 oz. allspice**
3 tblspns. sugar **1 oz. cloves**
dash cayenne pepper **1 oz. ground ginger**

WASH ..... figs, trim stalks but leave on.
PLACE ..... into a bowl and cover with vinegar. Vary quantity of vinegar to cover the fruit and adjust the other ingredients accordingly.
ALLOW ..... to stand for 3 days.
POUR ..... off vinegar into Deep-Fry Cooker, add other ingredients.
BRING ..... to the boil at 300° and simmer 220° for 15 minutes.
PACK ..... figs into jars and pour boiling spiced vinegar over.
COVER ..... and seal—do not use for about 1 week.

Delightful with cold meats.

PRESERVING

The Deep-Fry Cooker can be used for preserving, using three 1 or 1½ pound jars. Place a cloth into the Cooker, or use a Wettex, with 1½ to 2 cups of water. Prepare fruit, pack into jars and fit seals. Place jars into Cooker—make sure they do not touch. Set control, fit lid and leave for the specified time. Jars may be left in the cooking well to cool or may be removed—stand on a cake cooler.

SUGGESTED SIMMERING TIMES FOR PRESERVING

FRUIT	TIME
Apricots	1 hour
Peaches	1 hour
Apples	1 hour
Berry Fruits	½ hour
Quinces	2 hours
Pears	1½-2 hours
Pineapple	1½-2 hours
Cherries	1½ hours
Plums	½ hour
Gooseberries	½ hour
Rhubarb	½ hour
Mixed Fruit Salad	1½ hours
Tomatoes	1¾ hours

ADDITIONAL USES

There is no end to the many uses you will find for your Sunbeam Frypan and your Deep-Fry Cooker. Space does not permit us to include all the suggestions we would like. You will, however, discover many other uses as you use these wonderful new appliances. USE YOUR DEEP-FRY COOKER as an automatic saucepan; for steaming and poaching foods it's quicker and much more convenient.

USE YOUR FRYPAN as a hotplate to boil vegetables in saucepans, make sauces and custards or to cook small quantities of food.

BROWNING COCONUT

Heat the Frypan to 360°. Place 1 pound coconut into the Sunbeam and stir continuously with an egg slice until evenly browned.

DEFROSTING FROZEN FOODS

Place a trivet into Sunbeam and lay frozen foods on it. Cover with lid and set control at SIMMER. COOK AT ONCE.

HEATING FOODS

Baby Foods

Place precooked baby foods into covered heat-resistant containers. Heat 2 cups water in Deep-Fry Cooker or Frypan with 1 tablespoon vinegar at 300° until boiling. Place containers in and set at SIMMER until foods are desired heat.

Frozen—Cooked Foods

Where foods are packed in foil containers, preheat Sunbeam to 400°. Place food into fry basket or on to a trivet for time specified on label or until desired heat. Foods packed in cardboard or other wrappings may be heated as for baby foods or placed directly into the Sunbeam with control at SIMMER.

Other Foods

Bread rolls, sausage rolls, and other foods requiring reheating can be placed in the Sunbeam with the temperature set at SIMMER until the foods are warm. For quicker heating, place foods to be warmed on a rack and heat at 300°-360°. Soups, stews, etc., can be heated directly in the cooking well on SIMMER.

KEEPING FOODS WARM

Set control to SIMMER temperature range. If food is to be kept warm for a long period, place it on a plate or dish in the bottom of the Sunbeam. For moist foods, such as spaghetti, place the food on to a plate or in a container and use about 1 cup of water in Sunbeam to prevent drying of foods.

NUTS

ROASTING: To roast almonds or peanuts, heat the Sunbeam to 380° and grease lightly with a little peanut oil or butter. Remove the skin from peanuts or blanch almonds. Place nuts into Sunbeam and stir continuously until evenly browned.

Devilled Almonds

Heat the Sunbeam to 360° with two tablespoons of butter or peanut oil. Place nuts into Sunbeam and stir continuously until evenly browned. Turn on to paper and toss in 1 tablespoon salt and ½ teaspoon of cayenne pepper.

Salted Nuts — DEEP-FRY COOKER

shelled nuts (almonds, peanuts, walnuts, cashews, brazil nuts, etc.)
frying oil
salt

SHELL ..... nuts, blanch if necessary. (Bring to the boil, then plunge into cold water. Remove skins, then dry well.)

PREHEAT ..... oil. Put nuts into fry basket. Fry until delicately brown, stirring occasionally with long handled spoon.

DRAIN ..... on absorbent paper.

SPRINKLE ..... with salt.

POP CORN

Melt 3 oz. unsalted shortening or heat 6 tablespoons peanut oil in Sunbeam at 360° with 1½ teaspoons salt. Place 1½ cups corn into Sunbeam and stir with an egg slice until popping commences. Place lid on and shake gently until all corn is "popped".

FOR SAVOURY CORN: Saute popped corn in melted butter, grated cheese, etc., at 300° for two minutes.

FOR SWEETENED CORN: Make a toffee and pour over popped corn or mix corn through prepared mixture.

TO STERILISE BABY BOTTLES

Place baby bottles, etc., in cooking well—cover with cold water. Have water level 2 inches from the top. Turn control to 300°. Place lid on until boiling. Turn to 260° and keep covered for 20 minutes. Allow to cool in water.

YEAST COOKERY

The Sunbeam Frypan is ideal for making the sponge and proving the dough in the preparation of yeast buns, etc. Set the control at SIMMER and place an asbestos mat or trivet into Frypan. Preheat with the lid on. Place the prepared mixture in a china bowl on to the mat or trivet, cover with the Sunbeam Lid or a thick, not heavy, towel (bath size) or a piece of woollen material, to keep the warmth in. If using the lid, always open the vent to allow gases to escape. Use your favourite recipe and follow the instructions carefully. **REMEMBER, too much heat or too long rising will damage the fine texture of the mixture.**

SUNBEAM GUARANTEE

Complete the details of the Sunbeam Guarantee Register Card packed with the appliance, affix postage stamp and post to Sunbeam Corporation Limited within **FOURTEEN DAYS.** Upon its receipt your appliance is automatically covered by a Warranty for a period of **Twelve Months** (Three Months' Commercial Use), against electrical and mechanical defects in workmanship and material.

The guarantee does not cover misuse, negligent handling or use on current or voltage other than that specified on the appliance and does not include the cord or glassware (where applicable).

BE ASSURED OF QUICK SERVICE

If service is required, prepare and forward a letter explaining the nature of your complaint and method of despatch. Prepare tags stating your full name and address and attach to the appliance. Pack your appliance carefully into a strong carton with plenty of newspaper, making sure that the plug is separately wrapped to prevent damage to the appliance surface. Securely wrap and tie the parcel **as damage in transit is not covered by the Warranty.**

Clearly address the package to the selected Sunbeam Appliance Service Centre and include your name and address on the outside of the carton. By following these simple rules, you will be sure of speedy and efficient service.

NOTE: When requesting replacement parts, always quote the model number of your appliance.

SUNBEAM APPLIANCE SERVICE COMPANY

CENTRES AT:

NEW SOUTH WALES
CAMPSIE—Wade Street, 2194
*MASCOT—136 O'Riordan Street (near Coward Street), 2020
*SYDNEY—229 Castlereagh Street, 2000
*PARRAMATTA—55 Macquarie Street, 2150
*CHATSWOOD—2 Endeavour Street, 2067
NEWCASTLE—9-11 Beresford Street, Wickham, 2293
WOLLONGONG—8 Kenny Street, 2500
ORANGE—353-355 Summer Street, 2800

AUSTRALIAN CAPITAL TERRITORY
CANBERRA—34 Mort Street, Braddon, A.C.T., 2601

VICTORIA
MARIBYRNONG—Sloane Street, 3032
*MELBOURNE—373 Little Bourke Street, 3000
*CHADSTONE—64b Centre Avenue, Chadstone Shopping Centre, 3148
*BOX HILL—11 Bank Street, 3128
*PRESTON—Shop D10, North Walk, Northland Shopping Centre, 3072
*FRANKSTON—Shop 4, McEwans Building, Olsen Street, 3199
GEELONG—88 Ryrie Street, 3220
MORWELL—24 George Street, 3840
BALLARAT—725 Sturt Street, 3350

SOUTH AUSTRALIA
NORTH PLYMPTON—39-45 Deeds Road, 5037
*ADELAIDE—218 Morphett Street, 5000

QUEENSLAND
YERONGA—Hyde Road, 4104
*BRISBANE—101-103 Albert Street, 4000
TOOWOOMBA—T. & G. Building, 211 Margaret Street, 4350
TOWNSVILLE—44-52 Stanley Street, 4810

OR AGENTS:
BUNDABERG—Digger Theile, 37 Perry Street, 4670
CAIRNS—Northern Electrical Services, 65 McLeod Street, 4870
MACKAY—J. Michelmore & Co. Pty. Ltd., River Street, 4740
ROCKHAMPTON—Chandlers, Rockhampton Pty. Ltd., Alma Street, 4700
SOUTHPORT—Appliance Repair Centre, 34b Nind Street, 4215

WESTERN AUSTRALIA
*PERTH—M. J. Bateman Pty. Ltd., 19 Cloister Square, 867 Hay Street, 6000
OSBORNE PARK—359 Scarborough Beach Road, 6017 (Subsidiary of SUNBEAM CORPORATION LTD.)

TASMANIA
HOBART—Medhursts Wholesale Ltd., 95 Argyle Street, 7000
LAUNCESTON—Medhursts Wholesale Ltd., 136 Wellington Street, 7250

NORTHERN TERRITORY
DARWIN—Home Appliance Service, 64 Cavanagh Street, 5790
ALICE SPRINGS—Murray Neck, Todd Street, 5750

NEW ZEALAND
LOWER HUTT—Sunbeam New Zealand Ltd., 455 High Street
WELLINGTON—Brown & Dureau (N.Z.) Ltd., 64 Cambridge Terrace
AUCKLAND—Sunbeam New Zealand Ltd., 150 Stoddard Road, Mt. Roskill
CHRISTCHURCH—Wooff & Salvesen Ltd., 17-19 Lichfield Street
DUNEDIN—Charles Sonntag Ltd., 381 Princes Street

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Sunbeam **CORPORATION LIMITED**

SYDNEY MELBOURNE ADELAIDE BRISBANE PERTH

Trade Mark Sunbeam Registered
Regd. Design Applied For

Pub. No. IC20746B,
Mason Duflex Pty. Ltd.

11″Frypan available in Lightweight Aluminium, or Gleaming Stainless Steel, or in Lightweight Aluminium with Warming Tray.

Rice and Vegetable Steamer Baskets available as optional extras.

Automatic Deep Fry Cooker—8 pint Capacity.

12″ Frypan available in Lightweight Aluminium or Gleaming Stainless Steel.

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